



## Avocado, Tomato & Garlic

Ingredients	Quantity	Your recipe
Avocado, flesh only	42g	
Chopped tomatoes, tinned*	30g	
Garlic purée, e.g. GIA	1g	

\*NB - Tinned tomatoes must be peeled, no skin.



### Method

1. Cut avocado in half, remove stone and scoop flesh out into a bowl with a spoon.
2. Add tinned chopped tomatoes and garlic purée to bowl.
3. Mash with a fork and serve.

## For alternative textures...

Below you'll find guidance on how to achieve a different texture for this recipe, if required.

**Always check with your dietitian about what is best suited to your requirements.**



1. Repeat steps 1 and 2 of IDDSI level 6 method.
2. Blend until a smooth thick purée is achieved.



1. Repeat steps 1 and 2 of IDDSI level 6 method.
2. Add 40ml of cold water and blend until smooth.



• Use this simple recipe as a tasty side to a main meal.



Refer to labels for allergens and other product information.



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