

Ratio 2:1

• Preparation time: 5 - 10 minutes

• Cooking time: No cooking is required

• Recipe makes: 1 portion

This recipe can be adapted to the following:







Recipe provides approximately:

Nutritional content	Quantity	Your recipe
Fat	11.5g	
Protein	1.2g	
Carbohydrate	4.5g	
Energy (calories)	127kcals	

Avocado, Banana & Coconut Dessert

Add your own notes on perfecting this recipe to suit you.





Avocado, Banana & Coconut Dessert

Ingredients	Quantity	Your recipe
Avocado, flesh only	40g	
Banana, chopped	15g	
Coconut milk, tinned*	22g	

^{*}NB - Coconut milk from a tin may separate, ensure well mixed before using.





Method

- 1. Add avocado, coconut milk and banana into a bowl.
- 2. 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 step 1 of IDDSI level 6 method.
- 2. Blend until a smooth thick purée is achieved.





- 1. Repeat step 1 of IDDSI level 6 method.
- 2. Add 50ml of cold water and blend until smooth.



• Serve as a dessert or part of a meal to ensure energy and nutritional requirements are met.



