

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.*



Refer to labels for allergens and other product information.