Avocado, Tomato & Garlic

Ratio 3:1

• Preparation time: 5 - 10 minutes

Cooking time: No cooking required

• Recipe makes: 1 portion

This recipe can be adapted to the following:







Recipe provides approximately:

Nutritional content	Quantity	Your recipe
Fat	8.6g	
Protein	1.1g	
Carbohydrate	1.7g	
Energy (calories)	89kcals	

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





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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.



