

## **Avocado (Makes 1 portion)**

### **Ingredients**

1 medium avocado, without stone & skin

### **Method**

1. Peel and remove the stone from the ripe avocado.
2. Cut into cubes and mash with a fork.

### **Notes**

1 medium (145g) avocado skinned and stone removed is equal to 3 exchanges; therefore 1 portion is equivalent to 3 exchanges.

Avocado makes a great first food for your baby due to its texture and creaminess as well as its high nutrient content. Avocado can be mixed with apples, peaches, pears, banana (exchanges), sweet potato or butternut squash to make a wonderful meal or snack. When selecting an avocado you want a dark green colour with a bumpy texture. The fruit should be firm yet yielding when gently pushed. Avocados do not need to be cooked.