

Butternut Squash & Avocado (Makes 3 portions)

Ingredients

1 medium butternut squash

1 ripe avocado, stoned, peeled & chopped

Method

1. Peel the butternut squash.
2. Cut in half, remove the seeds and cut into pieces.
3. Place in a pot and cover with water and boil for 15-20 minutes, until tender.
4. Peel the avocado, remove the stone and chop into cubes.
5. Once the butternut squash is tender, drain and reserve the cooking liquid.
6. Place the butternut squash and avocado into a blender.
7. Purée, adding as much of the cooking liquid as necessary to make the desired consistency.
8. Divide evenly into 3 portions.

Note

1 portion is equal to 1 exchange. 2 portions is equivalent to 2 exchanges.