

## **Creamy Banana & Avocado (Makes 2 portions)**

### **Ingredients**

1 avocado, stoned, peeled and chopped

1 medium banana, peeled and chopped

### **Method**

1. Place the chopped avocado and banana in a blender and purée to desired consistency.
2. Alternatively, mash with a fork.
3. Divide evenly into 2 portions.

### **Note**

1 portion is equivalent to 1 ½ exchanges.