

## **Avocado & Sweet Potato (Makes 2 portions)**

### **Ingredients**

1 avocado, stoned, peeled & chopped

1 sweet potato, peeled & chopped into cubes

### **Method**

1. Place the sweet potato in a pot, cover with water & boil for 10-15 minutes, until tender.
2. Drain, reserving the cooking liquid.
3. Place the cooked sweet potato and prepared avocado in a blender.
4. Purée to the desired consistency, adding as much of the reserved liquid as necessary.
5. Divide evenly into 2 portions.

### **Note**

1 portion is equal to 1 ½ exchanges.