

Peachy Avocados (Makes 3 portions)

Ingredients

3 peaches, stoned & chopped

1 medium avocado, stoned, peeled and chopped

Method

1. Place the peaches in a pot, cover with water and boil for 8-10 minutes until tender.
2. Drain the peaches, reserving the cooking liquid.
3. Place the peaches and prepared avocado in a blender and purée until smooth.
4. Add as much of the reserved cooking liquid as necessary to make the desired consistency.
5. Divide evenly into 3 portions.

Notes

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