



It doesn't look great. In fact it looks like something that would be slopped out to the poor and wrongly convicted in the movies - with some great musical numbers thrown in to make the injustice more palatable (I should maybe give movies made this century more of a chance). It's a brown-green type of sludge. I didn't take a photo of it but *eventually I took a photo of it because* I liked it a lot and I found *fi*  
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myself wanting to have it everyday. It's my new favourite breakfast and best of all it's so good for you. It's full of "good fat" - the stuff that clears the "bad fat" off your artery walls. The only problem is waiting for the avocados to ripen. By the way the best way to ripen avocados is to leave them in the fruit bowl with other fruit. Also you need a blender.

The recipe uses half an avocado if you don't want to use the other half right away then leave the stone in that half, rub a little lemon over the exposed flesh and leave in the fridge. It will keep good for about a day.



## How I make Avocado Yoghurt is Ingredients

### Serves 1

- 1/2 ripe avocado, peeled
- 10 pitted dates
- 10 almonds
- tbsp fresh lemon juice

- 125ml water

### **Instructions**

1. Place the ingredients in a blender and blend until smooth. That's it.