AVOCADO BOATS

- 54g Tuna – canned in oil (drained)
- 118g Avocado
- 15g Spring onions
- 18g Cucumber
- 15g Mango
- 11g Mayonnaise - HELLMANS
- 16g Double cream - MORRISONS

You will also need 1g lemon juice, dried herbs and some seasoning.

Peel and de-seed the cucumber before weighing.
Chop the cucumber, mango and spring onion.
Mix the cream, mayonnaise and lemon juice, stir in the remaining ingredients EXCEPT the avocado.
Season with a little salt and pepper.
Spoon in to the avocado cavity.
Serve sprinkled with a pinch of dried herbs.

**Mo’s tip:** This recipe may be too much for a child but is a great adult meal. It would be easy to halve!
I found a medium avocado was almost the right weight. If you need to make it less, just scoop out some of the middle – it makes a better boat!

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

**PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION**