AVOCADO PUDDING

- 50g Avocado flesh
- 25g Coconut milk – BLUE DRAGON
- 15g Mascarpone – MORRISONS
- 2g Fresh lime juice

You will also need ½ teaspoon of liquid sweetener.

Blend everything together.
Pour in to a serving glass and chill until needed.

**Mo’s tip:**
The avocado needs to be ripe.
Do not keep for too long as it will discolor!
It will still be ok to eat for up to 24 hours but will need covering with cling film.
A good snack or dessert.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.
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