



Avocado and Kiwi Milkshake

(Serves 4)



We sweat a lot during summer. Kiwi has rich fluid content and is hydrating. With the chilly yoghurt, one can be cooled instantly.



Ingredients

- | | |
|--------------------------|-------------------|
| 1. Avocado | 1 large (~200 g) |
| 2. Kiwi | 2 medium (~140 g) |
| 3. Plain low-fat yoghurt | 1 cup (245 g) |
| 4. Honey | 1 tbsp |
| 5. Ice cubes | as appropriate |

Method

1. Halve the avocado. Remove the pit. Scoop the flesh out with a spoon then dice into cubes.
2. Peel and slice the kiwis.
3. Put the diced avocado and sliced kiwis into a blender. Add in yoghurt, honey and ice cubes. Blend with high speed into a smooth texture. Serve the milkshake.

Nutrition / Preparation Tips



1. Yoghurt is made from milk by fermentation by lactic acid bacteria. Throughout the process the lactose (milk sugar) content is much reduced, so yoghurt is suitable for most elders with lactose intolerance.
2. Avocado is a rich source of vitamin E, which has antioxidant effect. To prevent the exposed avocado from darkening (oxidizing), sprinkle freshly squeezed lemon juice onto the flesh to slow down the oxidation.

Notes for Special Diets

- **Diabetic diet**
Exchange each serving for 3 pieces of soda crackers (1-½ carbohydrate exchanges).

Nutrient Analysis(per serving)

Energy(kcal)	151
Carbohydrate(g)	18
Protein(g)	5
Fat(g)	9
Dietary fibre(g)	4
Sodium(mg)	48

