

# Avocado Yoghurt



## Method

- 01** Scoop out the avocado flesh and place it in a blender
- 02** Add all the remaining ingredients and blend until nice and smooth.
- 03** Check the seasoning and adjust if required.

## Ingredients

- 1 ripe avocado
- 1 green chilli
- handful of fresh coriander (including stalks)
- big handful of baby spinach
- 200ml greek yoghurt
- juice of half lemon
- 1 tsp cumin seeds
- 1 tsp salt



## More on this recipe

<http://www.harighotra.co.uk/avocado-yoghurt-recipe>