

ABRAXAS

Tasty avocado cream

An efficient blender is needed,
Preparation time 15 minutes

Ingredients

- 10 peeled cloves of garlic
- 2 cups of natural yogurt
- Juice of half a lemon
- 2 ripe avocados (buttery consistency, flesh dark green.)
- 1 tea spoon salt

Preparation

Put yoghurt, salt and garlic into the blender and mix until the garlic is no longer visible.

In the meantime halve the avocados lengthways, and dice the flesh with a spoon from the shell, keep the core

Add the avocado flesh into the blender and mix until the mass has a creamy consistency.

Put the cream into a glass and add the avocado cores (reduces oxidation).

Cover the entire surface directly with cling film. Store it in a refrigerator for max. 2-3 days.

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La Gomera à la carte