



# Avocado, banana and walnut cream

## Ingredients (serves 2)

- 90 g perfectly ripe avocado
- 60 g ripe banana
- 80 g milk (lactose-free in case of intolerance)
- 30 g cream cheese (lactose-free in case of intolerance)
- 20 g peeled walnuts
- 20 g honey (optional)

## Method

1. Put the walnuts, honey, and milk in a tall container and blend until obtaining a smooth texture.
2. Peel the banana and avocado and add to the mixture. Blend until smooth and homogenous.
3. Add more milk if you are looking for a smoother texture.
4. Serve the cream topped with a teaspoon of cream cheese.

## Recommendations

Milk can be replaced for any other variety of plant-based milk.  
You can add a few drops of lemon juice in order to reduce the amount of honey used and to achieve a different flavor.