



# Pea purée

## Ingredients (serves 2)

100 g peas

½ avocado

2 tbsp yogurt (skimmed, Greek or high in protein depending on condition, lactose-free in case of intolerance)

1 lemon

Mini toasts or bread sticks

Salt (skip in case of hypertension or fluid retention)

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## Method

1. Cook the peas in a pot with plenty of water for a few minutes. Drain and let them cool.
2. Blend the peas together with the avocado, a drizzle of lemon juice and 1 tablespoon of yogurt. Save the rest of the yogurt for the decoration.
3. Season with salt.
4. Put the purée in a bowl, put the rest of the yogurt on top and decorate with a bit of grated lemon zest.
5. Serve with mini toasts or bread sticks.