# Avo Crema

Avo crema for sushi plates.



Contains Dairy

## INGREDIENTS

- 100g Fresh Avocado
- 50g Full cream yoghurt
- 18ml Lemon juice
- 0.5g Salt
- 15ml Water (approx.)

## METHOD

1. Blend together the avo, yoghurt, salt and lemon juice.
2. Check the consistency and add as much water as needed.
3. The avo crema must be like thick yoghurt.
4. Once well blended (no lumps), decant into a squeezy bottle.
5. Date, label and store in the fridge.

## EQUIPMENT

- Lemon Squeezer
- Large Spoon
- Blender
- Squeeze Bottle
- Scale

## TIPS

- Stored in the fridge. Must be labelled and dated. Lasts for 2 days.

## WATCH THE METHOD

Avo Crema https://www.youtube.com/watch?v=8Q5obas_TnU
Avo Crema 1 https://www.youtube.com/watch?v=nkk2BN3Km8k