






Avocado



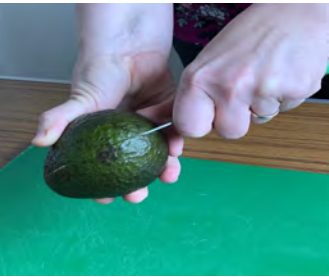
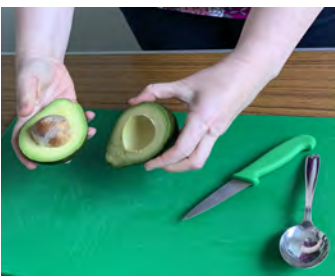
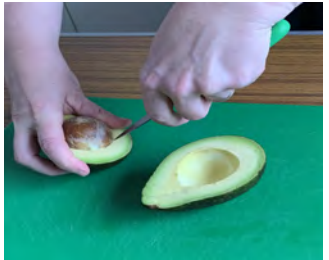
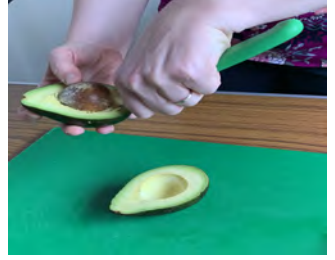






Ingredients



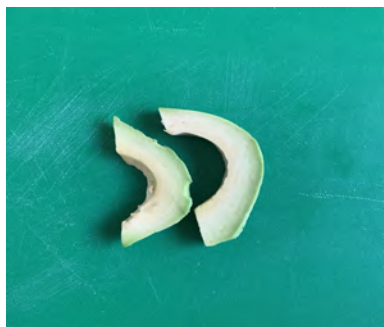
You will need

 <p>Green chopping board</p>	 <p>Fork</p>
 <p>Small chopping knife</p>	 <p>Table spoon</p>
 <p>Serving bowl</p>	

Method

		<p>Cut round the avocado lengthways with a small knife, then pull apart</p>
		<p>Run the knife round the stone and pop the stone out</p>
		<p>Avocado should now be in 2 halves with stone removed</p>
		<p>With a tablespoon go round the edge to remove the flesh from the skin</p>
		<p>Carefully with a small chopping knife cut into finger length pieces</p>
		<p><u>For mashed avocado</u> Use a fork to mash and serve in a bowl</p>

Method



For finger food

Finger length pieces easy for baby to pick up.
(You can leave part of the skin on to make it easier for baby to hold)