

Housing Channel

Title: Healthy Recipes for Elderly II – Avocado and Kiwi Milkshake

- Super: Healthy Recipes for Elderly II
- Super: Cooling Series
Avocado and Kiwi Milkshake
- Super: A sour-sweet velvety drink packed with nutrients
- Super: Yoghurt contains lower lactose content,
suitable for elderly with lactose intolerance
- Super: Avocado is rich in Vitamin E
which is an antioxidant
- Super: Ingredients (4 servings)
Avocado 1 pc / 200g
Kiwi 2 pcs / 140g
Plain Low Fat Yoghurt 1 cup / 245g
Honey 1 tbsp
Ice (as appropriate)
- Super: Half the avocado. Remove the pit.
- Super: Carve the flesh into small cubes.
Scoop them out with a spoon
- Super: Peel and slice the kiwis
- Super: Put all ingredients into a blender
- Super: Blend until the mixture turns smooth
- Super: Avocado and Kiwi Milkshake