



# avocado milk-shake

You can create restaurant-style dishes at home, such as this recipe by Felix Halter of the V-ZUG Gourmet Academy.



## AVOCADO MILK-SHAKE

4 portions

- 1 ripe avocado
- 500 ml skim milk
- 2 tsp brown sugar
- 6 ice cubes
- 1 small pinch of nutmeg

## Preparation

Cut avocado half and remove seed.

Using a spoon scoop avocado "flesh" into blender.

Put all other ingredients in blender.

Mix until smooth consistency.

You might like to add more milk to get the right consistency, as result can vary, depending on size of avocado.

The refreshing and healthy drink for in-between

Preparation time 5 minutes

Recipe by Felix Halter

## THE V-ZUG COMBI-STEAM XSL

The V-ZUG Combi-Steam XSL uses pressure-free steam technology to deliver precise temperature control – ideal for baking your favourite tarts and cakes. The BakeOmatic feature automatically senses the cooking time and temperature for your favourite dishes and the GourmetSteam setting contains dozens of pre-programmed recipes from top chefs, making it easy to entertain at home.

For more information and recipe ideas visit: [vzug.com.au](http://vzug.com.au).



The Swiss Leader



Heart Foundation

