

# ABRAXAS

## Spicy Avocado Cream

What is needed is a powerful blender.

Preparation time: 15 minutes

### Ingredients

- 10 peeled cloves of garlic
- 3 cups plain yogurt
- Juice of half a lemon
- 2 ripe avocados (buttery consistency, dark green pulp)
- 1 heaped tea spoon of sea salt

### Preparation

Give yogurt, salt and garlic in a blender and mix until the garlic is unrecognizable.

Meanwhile, cut the avocados lengthwise in half; take out the cores (don't throw away) and remove the flesh with a spoon from the skin and cut into little cubes.

Give pulp and lemon juice in a blender and mix everything until it gets a smooth, creamy consistence

Pour the finished cream in a jar and add the avocado cores (this reduces the oxidation).

For storage in the refrigerator cover the surface of the cream directly with plastic film.

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**La Gomera à la carte**