

Apple, Pear and Avocado Puree

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 cup (250 mL) chopped pitted, peeled avocado
- 1/2 cup (125 mL) chopped cored organic apple* (about 1/2 apple)
- 1/2 cup (125 mL) chopped cored pear (about 1/2 pear)
- 1/4 cup (60 mL) filtered water

Instructions:

1. In a blender, blend avocado, apple, pear and water until smooth. (If you prefer, combine ingredients in a deep bowl and use an immersion blender to puree). To thin the puree, add more water until desired consistency is reached. Serve immediately or transfer to an airtight container and refrigerate for up to 3 days.

Notes:

*Apples are consistently found to be one of the fruits that have the highest levels of pesticide residue so I recommend using organic apples. *This is a raw puree.