

Avocado Fruit Cocktail



Serves 2

Preparation

1. To create the pudding layer, mix the avocados, milk, 3 tbsp (45 ml) cane sugar, salt and vanilla using a blender or hand blender until smooth.
2. To create the blended fruit layer, mix the strawberries, banana, yogurt and water using a blender or hand blender until smooth.
3. To create the diced fruit top layer, dice the kiwi, banana

Ingredients

- 2 avocados from Mexico
- ½ cup (125 ml) whole milk
- 3 tbsp (45 ml) cane sugar + ¼ tsp (1 ml) cane sugar (optional)
- 2 pinches of salt
- ½ tsp (3 ml) vanilla
- 10 strawberries, fresh or frozen
- ½ banana
- 2 tbsp (30 ml) of Greek yogurt
- 2 tbsp (30 ml) of water
- 1 kiwi
- ½ banana
- ½ apple
- 2 tbsp (30 ml) of slivered almonds or walnuts
- Optional: 1 tsp (5 ml) lemon juice
- Optional: sweet cream or whipped cream

Abdallah El Chami, Chef, based in Vancouver, CA

Abdallah El Chami, known as Dallah, transitioned from the tech sector to follow his passion for Middle Eastern cuisine. His pop-up success in Vancouver led to the founding of Superbaba, a celebrated eatery setting new standards for casual Middle Eastern dining. His latest venture, Mishmish, a bakery and café, has quickly garnered rave reviews.

