

# Pineapple & strawberry iced whip with avocado finger sandwiches



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Preparation 20 mins | Serves 2

This makes for a great after school snack or light lunch.

## Avocado finger sandwiches

- 1 small ripe avocado, peeled and chopped
- 1 tsp lemon juice
- 4 slices wholemeal or seed bread
- Vegemite, for spreading

## Strawberry, pineapple & orange iced whip

- ½ cup fresh orange juice
- ½ small pineapple, peeled and chopped
- 250g strawberries, hulled
- 1 cup ice-cubes

**STEP 1** To make avocado finger sandwiches, roughly mash avocado with the lemon juice in a bowl. Lightly spread 2 slices bread with vegemite. Top with avocado and remaining bread. Trim crusts and cut in half.

**STEP 2** To make iced-whip, place orange juice, pineapple and strawberries into a blender. Blend until smooth and well combined. Add ice and blend until ice is crushed. Pour into drink bottles or glasses. Serve with avocado finger sandwiches.

## Good for you... **PINEAPPLE**

*A good source of manganese, a mineral that is needed for the normal development of bones, and connective tissue such as cartilage.*

