

Others

PASSION FRUIT, AVOCADO AND YOGHURT FLAN

PASTRY

200 g Plain flour
50 g Desiccated coconut
1 Tablespoon sugar
125 g Soft butter
Apple juice or water to moisten

FILLING

3 Eggs
5 Tablespoons honey
1 Teaspoon vanilla
1½ Cups natural yoghurt
2 Large avocados, mashed
4 Large passion fruit

For pastry, mix flour, coconut and sugar. Cut in butter with long bladed knife and rub with fingertips until it resembles breadcrumbs. Add enough apple juice or water to make dough come together. Form a ball, wrap in plastic and refrigerate for at least 1 hour before using.

To make the filling, beat eggs, honey, vanilla and yoghurt. Mix mashed avocados and passion fruit pulp into egg mix. Pour into prepared pastry case and bake at 180°C for about 30 minutes until just set. Cool and serve with whipped cream, extra passion fruit sprinkled with cinnamon, or nutmeg.
