

# Chicken, Vegetables, Avocado and Cous Cous Balls

## Ingredients:

- Half an avocado
- 2 Tablespoons of cooked cous cous
- Cooked vegetables diced
- Cooked chicken breast diced/shredded



## Method:

1. Add avocado to a bowl and mash it.
2. Mix all other ingredients into the avocado mixture.
3. Roll small amounts of mixture into little balls
4. Put on a plate and let your little one dig in



By Clare at **Relaxed Parenting**

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