

ALKALINE AVOCADO DELIGHTS

50 Healthy & Delicious Avocado
Delights For Awesome Alkalizing Meals



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Introduction

Whether you love avocados or not, this is the perfect cookbook for you. Avocados are packed with antioxidants, healthy fats, minerals, and vitamins. According to the American Heart Association, the healthy fats in this fruit can reduce cholesterol levels and decrease the risk for heart disease.

With its creamy, buttery texture and rich, almost nutty taste, this amazing superfood is the perfect ingredient for a host of delightful and healthy meals. The rich creaminess of the avocado makes it perfect for dips, sauces and a wide variety of desserts.

Together, Emma has created 50 delicious avocado recipes with the aim of healthy cooking in mind. Most of these dishes are easy to make and contain vegetarian options.


Alkaline Avocado Delights presents a mouth-watering range of avocado recipes from snacks, lunches, dinners and even desserts.

Your family, relatives and friends will absolutely love these easy to make savory avocado pleasers!

Even when you are not a big fan of avocados, this cookbook can forever change your tastebuds!

Crepe Cake with Avocado and Fresh Fruit



 This impressive dessert features a creamy layer of chocolate-infused avocado filling, accented with slices of fruit. No baking is required however. Feel free to incorporate whatever fruits are local and in season.

The crepe layers and the chocolate avocado filling can be prepared in advance and stored separately in the refrigerator. Assemble the cake layers shortly before serving.



Crepe Cake with Avocado and Fresh Fruit

Ingredients for Crepes:

1 cup whole white wheat or white spelt flour
1 cup coconut milk or soy milk
Pinch of sea salt
1 tsp sucanat or raw sugar
3 eggs, beaten
Coconut oil or butter for frying

Directions

1. Whisk milk into eggs.
2. Add dry ingredients and blend with electric mixer until very smooth.
3. Meanwhile, preheat a 9-inch skillet.
4. Pour batter into greased skillet, tilting and swirling the skillet until the batter forms a flat, even circle.
5. When batter is cooked in the middle, use a spatula to flip the crepe and cook until light brown spots appear on the second side.
6. Transfer finished crepes to a covered plate.

Ingredients for Chocolate Avocado Filling

1 cup avocado puree (from about 2 large avocados)
4 tbsp unsweetened cocoa powder
4 tbsp honey
pinch sea salt
1 tsp vanilla
2 to 4 tbsp canned or freshly prepared coconut milk
1 cup fresh fruit slices, such as bananas or strawberries

Directions

1. Whisk avocado puree together with cocoa powder, honey, sea salt, vanilla, and coconut milk until smooth filling forms.
2. Place the first crepe on a serving platter. Spread about 3 tbsp of the chocolate filling over the surface of the crepe.
3. Place part of the fruit slices onto the filling. Carefully place another crepe on top of the filling.



Crepe Cake with Avocado and Fresh Fruit

Spread with the same amount of chocolate filling. Add fruit again.


4. Continue making layers of crepe, filling and fruit.
5. Top the cake with the last crepe and garnish with remaining fruit slices.
6. Before serving the cake, use a sharp knife to cut even wedges.

Servings

6 to 8.

Mexican Chocolate Pudding Shots



 Go ahead and indulge in this creamy creation featuring a delicious blend of avocado, coconut, and chocolate flavors. Cinnamon adds a touch of spicy warmth. Shot glasses are a fun and festive way to achieve portion control. Or if you prefer to increase the serving size, use juice glasses or goblets. This pudding can be served successfully warm, at room temperature, or cold, depending on your preference.



Mexican Chocolate Pudding Shots

Ingredients

1 cup avocado puree
¼ cup coconut milk
2 tbsp cornstarch
4 tbsp Honey
Pinch of sea salt
1 tsp pure vanilla extract
1 tbsp carob powder
½ tsp ground cinnamon, or more to taste
1-2 tbsp unsweetened large coconut flakes, toasted (optional)

Directions


1. Whisk together cornstarch and, carob powder and cinnamon in a small bowl.
2. In a medium saucepan, whisk together coconut milk, salt, and cornstarch.
3. Stir in honey.
4. Turn on burner and heat saucepan over medium-low heat, stirring constantly.
5. When pudding begins to thicken, add avocado puree and stir for one minute.
6. Remove from heat and stir in vanilla extract.
7. Divide pudding into glasses for serving.
8. Top with toasted coconut flakes.
9. When batter is cooked in the middle, use a spatula to flip the crepe and cook until light brown spots appear on the second side. Transfer finished crepes to a covered plate.

Servings

8 two ounce (60 mL) servings or 16 one ounce (30 mL) servings.

Pistachio Almond Avocado Tartlets



 These rich green miniature tarts satisfy a sweet tooth without sacrificing your health by featuring the creamy goodness of avocados. Pistachios add interest and texture and are lower in fat than other types of nuts. You can use purchased pastry shells to make preparation easy, or make your own shells with your favorite healthy ingredients. Either way, these little tarts are a nutritious green alternative to the refined sugars found in pastry shop sweets.



Pistachio Almond Avocado Tartlets

Ingredients

18 miniature pastry shells, or 6 three-inch tart shells, baked
1 cup avocado puree
½ cup coconut, soy, or almond milk
4 tbsp Sucanat or raw sugar
¼ tsp pure almond extract
2 tsp cornstarch
2/3 cup pistachios, shelled and chopped

Directions

1. Combine milk and cornstarch in a small bowl.
2. Transfer to cold saucepan.
3. Stir in sucanat or sugar.
4. Heat on medium low, whisking constantly until a thickened pudding forms.
5. Blend in avocado puree and remove from heat. Stir in almond extract. Allow pudding to cool completely.
6. Scoop portions of pudding and place in pastry shells. Sprinkle chopped pistachios over filling.

Servings: 6 three-inch tartlets or 18 one-inch tartlets

🌿 Key Lime Dessert Smoothie with Avocado



☕ Key lime pie is wildly popular on restaurant dessert menus. But turning those creamy citrus flavors into a delicious smoothie is quicker and far more nutritious. Enjoy the creamy blend of tropical flavors without any guilt, since you get all the benefits of a fresh avocado with each frosty sip.



Key Lime Dessert Smoothie with Avocado

Ingredients for Crepes:

- 1 avocado, peeled and seeded
- 1 frozen banana, chopped
- 1 cup light coconut milk
- 2 tbsp lime juice
- ½ tsp vanilla extract
- 3 tbsp maple syrup or honey


Directions

1. Place all ingredients in an electric blender.
2. Blend until smooth and evenly mixed.
3. Serve cold. Garnish with a fresh cherry or lime slice.

Servings: 2 smoothies, 8 ounces (240 mL) each.

Cherry Chocolate Avocado Smoothie



 A swifter, simpler way to enjoy chocolate and cherries is almost impossible. Using avocado as the base, this smoothie tastes so rich and sweet that you may suspect someone put chocolate covered cherries in your gourmet milk shake.



Cherry Chocolate Avocado Smoothie

Ingredients for Crepes:

1 avocado, peeled and seeded
1 cup almond or light coconut milk
½ cup fresh or frozen sweet cherries
1 tsp pure vanilla extract
2 tsp carob powder
½ tsp almond extract, optional
3 tbsp pure maple syrup or honey
Pinch of sea salt

Directions

1. Place all ingredients except vanilla and almond extracts in blender.
2. Pulse until mixture is smooth.
3. Add vanilla and almond extracts and blend until smooth.

Servings: 1 to 2

🌿 Chocolate Avocado Cream Puffs



☕ Anyone who samples these airy delights will be impressed with the taste and surprised to learn that avocados blend perfectly into the rich chocolate filling.

By simplifying the dough preparation, making homemade cream puffs (which are like made like popovers in this case), could not be easier.



Chocolate Avocado Cream Puffs

For the pastries::

2/3 cup coconut milk
2 eggs
2/3 cup spelt or whole white wheat flour
1/4 tsp salt
1 tbsp coconut oil , margarine, or butter, melted

Directions

1. Combine milk, flour, salt, and eggs in a blender and blend until smooth.
2. Pour batter into miniature muffin pan cups greased with the melted coconut oil, margarine or butter.
3. Bake in a preheated 375 degree oven until tops of muffins are golden, about 18 to 20 minutes.

Meanwhile prepare chocolate avocado filling below.

For the filling:


1/2 cup avocado puree
2 tbsp Cocoa powder
2 tbsp honey or maple syrup
1/2 cup coconut cream, chilled and whipped
1/4 tsp almond extract
1/2 tsp vanilla extract
Pinch of salt

Directions

1. As soon as muffins are finished baking, carefully remove them from the pan and split open with a knife.
2. Fill with chocolate avocado filling.

Raw Chocolate Avocado Truffles



 These are so addictively tasty that you may not want to limit them to dessert time. And you do not have to hold back either, since they are packed with nutrition and not high in sugar.



Raw Chocolate Avocado Truffles

Ingredients:

1/2 cup avocado puree
1/2 cup sesame seeds
1/2 cup soft dates, such as medjool dates
1/4 cup pecans or almonds
1/2 cup unsweetened fine coconut flakes, divided
3 tbsp, raw cacao or unsweetened cocoa powder, or more to taste
1/2 tsp vanilla extract
10 drops liquid stevia, optional

Directions

1. In a food processor, grind the sesame seeds and nuts.
2. Add dates and process until blended well.
3. Transfer blended mixture to a mixing bowl and use an electric mixer or fork to blend in avocado, 1/4 cup coconut flakes, cacao or cocoa powder, vanilla and stevia, if using. When dough is thoroughly blended, shape into balls and roll in remaining 1/4 cup coconut flakes.

Servings: 12-16 truffle balls.

🌿 Toasted Oat Bars with Avocado Date Filling



☕ These date squares have a touch of orange flavor that balances the avocado and cinnamon components. Crunchy and sweet, this is a dessert that with a comforting taste that satisfies. These bars are especially good with tea or coffee.



Toasted Oat Bars with Avocado Date Filling

Ingredients:


1/2 cup dates, chopped
1/2 cup fresh orange juice
1/2 cup avocado
2 tbsp coconut or soy milk
3/4 cup unsweetened coconut flakes, divided
1/2 tsp cinnamon
1/8 tsp ground cardamom, optional
1 cup oats
1/4 cup sucanat or raw sugar, optional
Pinch of sea salt
2 tbsp coconut oil or butter, melted

Directions

1. Prepare filling by mixing together dates, orange juice, and coconut milk in a small saucepan.
2. Heat mixture over medium-low heat, stirring constantly until thickened.
3. Add 1/4 cup unsweetened coconut. Remove from heat and stir in avocado and spices.
4. In a separate bowl, combine oats, salt, sucanat (if using), and melted oil or butter.
5. Spread about one cup over bottom of a 9-inch square baking dish and press down. Spread the filling over the oat layer. Top with remaining oat mixture.
6. Bake at 350 degrees (180 C) for 15 to 20 minutes, until oats are crisp and slightly toasted.
7. Cool before cutting into squares.

No-bake Chocolate Oat Cookies with Avocado



 Round, rich cookies need no oven to deliver chewy chocolate goodness to your mouth. These treats pair nicely with a glass of cold almond milk or a hot cup of tea or coffee. Store them in the refrigerator or freezer to keep their texture firm and the flavors fresh.

No-bake Chocolate Oat Cookies with Avocado

Ingredients:

1/3 cup avocado
1/4 cup sucanat or raw sugar
1/4 cup dates
1/4 cup coconut or soy milk
1/4 cup coconut flakes
1 (30 g) square unsweetened baking chocolate
1 tsp vanilla
1/3 cup oats


Directions

1. In a small saucepan, heat coconut milk and chocolate over medium low heat until chocolate is melted.
2. Add sucanat and dates and heat to a full boil, stirring constantly.
3. Boil for one minute and then remove from heat. Add avocado, vanilla, and remaining dry ingredients.
4. Drop warm batter by tsp onto a tray lined with waxed paper. Allow cookies to cool completely.

Servings: Makes about 12 small cookies.

Fruit Pizza with Avocado Sauce



 A colorful medley of fruits adorns a creamy, green layer of avocado sauce atop a coconut-based crust. This healthy, festive fruit pizza is perfect for your next party or get-together.

Fruits such as strawberries, kiwis, mandarin oranges, blueberries, and mangos make for an eye-catching palette that tastes as good as it looks.



Fruit Pizza with Avocado Sauce

Ingredients for crust:

1 cup unsweetened shredded coconut
½ cup ground almonds or almond flour
¼ cup sucanat or raw sugar
1 tsp cinnamon
½ tsp ginger
2 tbsp Coconut oil, melted

Ingredients for avocado sauce:

1 cup avocado puree (from about 2 large avocados)
4 tbsp honey
Pinch sea salt
1 tsp vanilla
2 to 3 tbsp coconut milk

Toppings:

1 to 2 cups assorted fresh fruit, sliced
¼ cup large flake unsweetened coconut

Directions

1. Combine dry ingredients with melted coconut oil and press into bottom of a 9-inch round pie plate. Bake at 350 for 15 minutes.
2. To make avocado sauce, blend together avocado, honey, sea salt, vanilla and coconut milk. Spread sauce on crust. Top with assorted fruit slices and sprinkle with coconut flakes. Cut into wedges before serving.

Servings: 8 slices

🌿 Vegetable Fried Rice with Avocado



🍽️ Enjoy a hearty bowl of fried rice that is high in protein thanks to chickpeas. Asian seasonings blend together in a fusion of flavors that are a perfect compliment to the avocado. Seafood lovers may wish to add a few cooked shrimp to the mix.

Vegetable Fried Rice with Avocado

Ingredients:

- 1 ripe large avocado, peeled, seeded, and chopped
- 2 tbsp olive oil
- 2 carrots, thinly sliced
- 1 medium zucchini, halved lengthwise and sliced
- 2 cloves garlic, minced
- ¼ tsp ground ginger or 2 tsp fresh grated ginger
- 2 tbsp chopped shallots
- 2 cups cooked brown rice, cooled
- 2 cups cooked chickpeas (or one 15-ounce can), drained
- 2 tbsp tamari or soy sauce, or more to taste
- ½ lemon
- 2 spring onions, chopped

Directions

1. In a wok or large skillet, heat 1 tbsp olive oil over medium heat.
2. Cook zucchini until golden brown. Remove zucchini and set aside.
3. Add remaining 1 tbsp oil and cook carrots and shallots for 4 to 5 minutes, until carrots become tender.
4. Add garlic and ginger, followed by rice and chickpeas. Stir fry for 1 to 2 minutes.
5. Add soy sauce and cook until rice is heated through.
6. Add cooked zucchini and lemon juice. Remove from heat.
7. Transfer fried rice to individual plates or bowls and sprinkle chopped green onions over each serving.

Servings: 4

✿ Seared Mixed Vegetables and Avocado over Buckwheat Noodles



☺ A tangy lime sauce melds with the avocado and vegetable medley in this spritely vegetarian noodle dish.

Seared Mixed Vegetables and Avocado over Buckwheat Noodles

Main Ingredients:

- 1 ripe large avocado
- 1 package buckwheat noodles
- 1 medium yellow squash or zucchini, halved lengthwise and sliced
- 1 cup chopped asparagus or green beans
- 2 medium carrots, sliced
- 1 red sweet pepper, sliced and chopped into 1-inch pieces
- 3 cloves garlic, minced
- 1/2 onion, sliced
- 1 tbsp olive oil

Sauce Ingredients:

- 4 tbsp olive oil
- 1/4 cup rice wine vinegar
- 3 tbsp tamari or soy sauce
- 2 tsp fresh lime juice
- 1 tbsp sesame seeds


Directions

1. Cook noodles according to directions on package. Drain water and toss with 1/4 cup sauce. Set aside.
2. In a large cast iron skillet or heavy wok, heat olive oil over medium high heat. Add onions and cook until they become tender and are slightly caramelized. Remove onions and set aside.
3. Add carrots and stir-fry for about 3 minutes before adding the remaining vegetable. Allow vegetables to cook until lightly seared on both sides. Add garlic and cooked onions to skillet for one minute.
4. Transfer noodles to serving bowls and top with seared vegetables. Add avocado and drizzle with remaining sauce.

Servings: 3 to 4

Quinoa Skillet with Avocado



 Rich in protein and calcium thanks to quinoa, this savoury skillet supper tastes great with or without the chicken. Try this recipe as a healthier alternative to pasta. Nutrient-rich avocado helps the flavours blend to perfection. Raspberry can be added, if preferred, to add more colors to this dish.

Quinoa Skillet with Avocado

Ingredients:

1 cup quinoa
1 small to medium yellow squash or zucchini, quartered lengthwise and sliced
1 ripe avocado, seeded and cubed
1 cup chicken breast, cut into cubes, (optional)
2 cups vegetable or chicken broth
¼ cup chopped walnuts or pecans, or sunflower seeds
1 tbsp chopped shallots
2 tbsp olive oil, divided
2 tbsp chopped green onion or cilantro
Juice from ½ a lemon
Sea salt to taste

Directions

1. Saute chicken cubes with 1 tbsp oil in a large saucepan or skillet until golden. Cover and simmer until chicken is cooked through.
2. Remove cooked chicken to a plate and cover to keep warm. Add the remaining 1 tbsp oil and the squash and shallots. Saute until squash is golden, stirring frequently. Add chicken stock and heat until boiling. Add quinoa, cover, and reduce heat to simmer for 20 minutes.
3. Remove cover and stir in cooked chicken and nuts or sunflower seeds. Add avocado, lemon juice and sea salt, stirring gently to incorporate. Serve warm and garnish with green onions or cilantro.

Servings: 2 to 4

✿ Avocado and Sweet Potato Salad



☕ Two nutritional powerhouses, sweet potato and avocado, join forces to create a delicious salad that is hearty enough to serve as a main dish.

Asian pears add just a touch of sweetness and plenty of crunch. This filling salad will satisfy vegetarian and non-vegetarians alike. But feel free to add cooked turkey or chicken if you like.

Avocado and Sweet Potato Salad

For the salad:

3 cups sweet potato, peeled and cut into cubes
2 medium avocados
1 Asian pear, peel and cut into cubes
1 cup fresh baby spinach leaves, coarsely chopped
1/3 cup green onions, finely chopped
1/2 cup chopped pecans or peanuts

Dressing Ingredients:

1/3 cup orange juice
1 tbsp apple cider vinegar
1 tbsp olive oil
1/2 tsp sea salt

Directions

1. In a large saucepan, combine 6 cups water and sweet potato.
2. Bring to a boil and cook sweet potato cubes until just tender. Drain sweet potato cubes and rinse in cool water.
3. Make a dressing by blending together orange juice, olive oil, vinegar, and salt.
4. Combine sweet potato and Asian pear cubes in a bowl and pour in dressing. Toss to coat. Allow sweet potatoes to cool completely to room temperature or chill in refrigerator.
5. Before serving, peel and seed avocados into cubes. Gently toss avocado, green onions (if using), and spinach with the sweet potatoes and Asian pear. Sprinkle pecans or peanuts over salad and serve.

Servings: 4

✿ Avocado and Lentil Salad



☕ Any type of whole lentils can be used to create this salad, but french lentils are especially good since they maintain a firmer texture after cooking. Cumin-spiked dressing adds warmth to both the lentils and the avocado.

To complement the savoury lentil and vegetable components, meat fans could also add diced ham.

Avocado and Lentil Salad

For the salad:

- 1 cup whole dry lentils
- 2 cups vegetable or chicken broth
- 1 large avocado, peeled and seeded
- 1/2 cup carrot, cut into tiny cubes
- 1 shallot or bunch of green onions, finely chopped
- 1/3 cup celery, finely chopped
- 1/4 cup fresh parsley, chopped or 1 tbsp dried parsley flakes
- 1/2 cup smoked gouda or smoked cheddar cheese, shredded, optional

Dressing Ingredients:

- 2 tbsp olive oil
- 2 tbsp lemon or lime juice
- 1 tsp ground cumin
- 1 clove garlic, minced
- Sea salt to taste

Directions

1. In a medium saucepan, heat 2 cups water to boiling and then add the lentils.
2. Cook for 25 to 35 minutes, until lentils become tender but not overly soft. Drain and rinse lentils and set aside to cool.
3. In a non-metallic bowl, mix dressing ingredients together. Add lentils, carrot, shallots or green onions, celery, and parsley. Toss to coat.
4. Chill in refrigerator for at least 1 hour. Prior to serving, cut avocado into cubes and gently mix into salad. Add sea salt to taste.

Servings: 3 to 4

✿ Avocado Egg Salad Wraps



☕ Egg salad gets an update in these filling wraps with avocado and fresh basil flavours. Salmon adds color and even more heart-healthy omega-3s.

Avocado Egg Salad Wraps

Ingredients:

- 1 large avocado, peeled and seeded
- 2 large eggs, hard boiled, peeled, and cut into small cubes
- 4 ounces (120 g) cooked wild salmon flakes, optional
- ¼ cup green onion, chopped
- ¼ cup fresh basil, chopped
- 2 tsp lemon juice
- 1 tsp honey
- 1 tbsp olive oil
- ¼ tsp paprika
- 1 tsp yellow mustard, optional
- 2 lettuce leaves
- 2 whole grain tortilla or flatbread wraps

Directions

1. Mash half of the avocado and blend with lemon juice, honey, paprika, and olive oil until smooth.
2. Cut other half of avocado into small cubes and gently mix with eggs and blended avocado mixture.
3. Stir in salmon flakes if using, as well as green onion and basil.
4. Spread avocado-egg mixture on a tortilla or flatbread and top with a lettuce leaf.
5. Secure each wrap with a toothpick.

Servings: 2 wraps

✿ Avocado Fish Tacos



☕ No longer confined to restaurant menus on the California coast, fish tacos are a perfectly scrumptious way to embrace the goodness of avocados.

If you like to change things up, swap out the tortillas for crispy taco shells.

Avocado Fish Tacos

Ingredients for Crepes:

8 small whole grain or corn tortillas
1 large avocado, peeled, seeded and sliced into eighths
8 ounces (240 g) white fish such as tilapia or basa
1 tbsp olive oil
Sea salt to taste
¼ tsp cumin
¼ cup green onion, chopped
2 plum tomatoes, seeded and chopped
1 clove garlic, minced
2 tsp lemon juice
Grated Monterrey Jack or mild cheddar cheese, optional

*Note: You may substitute firm tofu coated in vegetable bouillon powder for the fish and cook as directed in the recipe.

Directions

1. Make a simple salsa by combining chopped tomatoes, green onion, garlic, and lemon juice. Add sea salt to taste.
2. Heat oil in a medium skillet and cook onion for 1 minute. Add fish and cook until fish is done and flakes easily, turning once.
3. Sprinkle fish with cumin and sea salt. Turn off heat and cover fish until ready to assemble tacos.
4. To assemble each taco, onto a tortilla place one ounce (30 g) of cooked fish and 1 slice of avocado. Top with salsa and cheese.

Makes 4 servings of 2 tacos each

✿ Avocado Pasta Salad



☕ Easy and refreshing, the pasta recipe incorporates plenty of vegetable colors to compliment the avocados. Pasta salad is also very portable, making it convenient to take for lunch or a picnic outside. If needed, cashews can be substituted in place of the salmon or tuna fish.

Avocado Pasta Salad

For the Salad:

12 ounce package of whole grain pasta, such as penne or rotini
2 medium avocados, peeled and seeded
1 cup fresh spinach, roughly chopped
6 to 8 ounces (180-240g) cooked wild salmon or tuna, (optional)
½ cup black or green olives, optional

Dressing Ingredients:

1 tbsp lemon juice
1 tsp honey
2 tbsp olive oil
¼ cup fresh basil, chopped or 2 tbsp dried basil
1 tsp sea salt
¼ tsp black pepper, or more to taste

Directions

1. Cook pasta according to package directions. Drain and rinse in cool water.
2. While pasta cools, make dressing by whisking together lemon juice, honey, olive oil, basil, sea salt, and black pepper. Cut avocado into cubes.
3. In a large bowl, combine pasta, avocado cubes, spinach salmon or tuna (if using) and olives.
4. Mix the dressing with the pasta and toss lightly.

Servings: 4 to 6

✿ Fiesta Rice Bowls



☕ A simple bowl of rice becomes a fiesta when embellished with avocado, beans, and fresh salsa. This recipe also works well with grilled chicken, should you wish to add it.

Fiesta Rice Bowls

Ingredients:

1-½ cups uncooked brown or white rice
1 tsp or more sea salt, divided
2 cups black beans, cooked
½ tsp ground cumin
1 large avocado, peeled and seeded
2 medium tomatoes, diced
1 tbsp lemon juice
1 clove garlic, minced
2 green onions, chopped

Directions

1. Cook rice according to package directions and keep warm.
2. Warm beans in a small saucepan and stir in ground cumin.
3. Cut avocado into cubes. Make a salsa by combining diced tomatoes, avocado, lemon juice, garlic, and green onions; then add sea salt to taste (about ½ tsp). into rice bowls add warm rice, seasoned beans, and salsa.

Servings: 4 rice bowls

✿ Mexi-Cali Avocado Pizza



☕ The beauty of making your own pizza crust is that you get unbeatable fresh-baked flavour in a relatively short amount of time. Homemade pizza also allows you to choose which toppings to add and which to leave off.

Mexi-Cali Avocado Pizza

For the Crust:

1½ cups whole wheat or whole spelt flour
 1½ cups unbleached all purpose flour
 1 cup warm water (100 to 115 degrees F or around 38 to 39 C)
 2½ tsp active dry yeast
 2 tsp honey or molasses, optional
 ¾ tsp sea salt

Topping Ingredients:

2 large avocados, seeded and peeled
 2 tsp lemon juice
 ½ tsp sea salt
 1 cup grape tomatoes, sliced
 ½ sweet bell pepper, chopped
 ½ cup black olives, sliced
 1 cup Monterrey Jack, cheddar, or mozzarella cheese, shredded
 4 ounces (120 g) grilled chicken or shrimp, (optional)
 ½ cup artichoke hearts, optional

Directions

1. Dissolve yeast in warm water.
2. In a large mixing bowl, add flours and salt and then pour in warm yeast solution.
3. Stir until a dough forms. Knead the dough for at least 5 minutes, until it becomes smooth and elastic.
4. Add more flour or water if needed.
5. Cover and let dough rest for 10 minutes. Preheat oven to 450 degrees F (230 C).
6. Meanwhile, mash the avocados and blend in lemon juice and salt to preserve the fresh green colour.
7. When dough is ready, stretch it gradually to form a flat pizza crust shape.
8. Place crust on a pizza stone or lightly greased baking tray.
9. Bake for 8 to 9 minutes or until crust is golden.
10. Remove crust from oven and allow to cool.
11. Spread mashed avocados over the crust and add toppings.

Mexi-Cali Avocado Pizza

12. Slice pizza into wedges and serve.

Servings: 6 to 8

✿ Avocado Enchilada Stack



☕ If you are in the mood for something different, try this easy enchilada variation that can be served cool or warm. Avocado replaces the traditional cheese, making this satisfying southwest dish low in saturated fats.

Avocado Enchilada Stack

Ingredients:

5 whole grain tortillas, 8-inch size
2 avocados, peeled, seeded, and mashed
4 plum tomatoes, seeded and diced
1/2 white onion
1 red sweet pepper, cored, seeded, and diced
1/2 cup olives, sliced
1 tsp cumin, divided
1 tsp sea salt, divided
1/4 cup fresh cilantro, chopped

Directions

1. In a blender or food processor, puree diced tomatoes with the onion and add 1/2 tsp cumin and 1/2 tsp sea salt.
2. In a separate bowl, make an avocado spread by combining the mashed avocado with 1/2 tsp cumin and 1/2 tsp sea salt.
3. Blend until well mixed.
4. On a serving platter, place first tortilla and spread a layer of avocado spread. Sprinkle with 1/4 of the diced red pepper. Layer another tortilla on top and spread with avocado. Sprinkle with 1/4 of the red pepper and 1/2 cup olives.
5. Repeat layers until fifth tortilla. This time, pour tomato sauce over the tortilla.
6. Serve at room temperature or warm in a 350 F degree (180 C) oven until heated through.

Servings: 6

✿ Avocado and White Bean Lasagna with Zucchini Noodles



☕ Using a blend of avocado and beans as the main filing makes this lasagna an especially healthy choice. Also, using zucchini instead of high-carb noodles means it can be prepared as a gluten-free main dish.

Keeping the cheese on top adds calcium without loads of saturated fat, though you may omit the cheese entirely if you wish. Sprinkle some additional small basil leaves on top for an attractive presentation of this updated Italian classic.

Avocado and White Bean Lasagna with Zucchini Noodles

Ingredients:

2 cups cooked white beans
1 large ripe avocado, seeded and peeled
4 medium zucchini, sliced lengthwise into thin strips (about 3 mm thick)
8 mushrooms, such as cremini, sliced
2 tbsp fresh basil, chopped
2 cloves garlic, minced
1 tsp sea salt, divided
1 tbsp olive oil
2½ cups prepared tomato and basil pasta sauce
½ cup mozzarella cheese, shredded

Directions

1. Preheat oven to 400 degrees F (205 C).
2. Lightly coat a baking tray with olive oil.
3. Place zucchini strips on tray and flip to coat with oil.
4. Sprinkle ½ tsp sea salt over the zucchini strips.
5. Bake for about 8 minutes or until zucchini become tender.
6. Remove zucchini from oven and allow to cool.
7. Use a food processor or electric mixer to blend together white beans and avocado.
8. Season with ½ tsp sea salt, garlic, and chopped basil. Blend well.
9. To assemble lasagna, place a layer of zucchini strips on the bottom of a 9 by 9-inch square baking dish.
10. Spread with half of the avocado-bean filling.
11. Top with half of the mushroom slices.
12. Add another layer of zucchini and top with remaining filling followed by the rest of the mushrooms.
13. Pour tomato sauce over the top layer, followed by mozzarella cheese.
14. Bake at 400 degrees F (205 C) for 25 minutes or until sauce is bubbling and the layers are heated through.

Servings: 4 to 6

✿ Mango Chicken Stuffed Avocados



🍲 The warm flavours of curry and coconut make a creamy sauce for the mango and chicken that sits atop an avocado base. To create a vegetarian version of the mango stuffing, simply substitute cashews for the chicken.

Mango Chicken Stuffed Avocados

Ingredients:

2 large ripe avocados, split in half, seeds removed
1 cup cooked chicken, shredded or cut into cubes
¾ cup mango, diced
1/3 cup coconut milk
2 tbsp red bell pepper, diced
1 tbsp chopped shallot
¼ tsp turmeric
¼ tsp paprika
½ tsp fresh ginger, finely grated or 1/8 tsp ground ginger
½ tsp sea salt
2 green onions, chopped
Fresh cilantro leaves, for garnish

Note: 1 cup of cashews may be substituted for the chicken, or ½ cup diced cucumber and ½ cup cashews.

Directions

1. Combine coconut milk, shallot, spices, and salt.
2. Pour over chicken and toss to coat.
3. Fold in diced mango and bell pepper.
4. Fill each avocado half with mango chicken mixture. Sprinkle chopped green onions on top.
5. Garnish plate with cilantro if desired.

Servings: 4

✿ Brown Rice Casserole with Avocado and Shrimp



🍲 Layers of rice surround avocado and raw vegetables in this simple main dish. While the rice cooks, you can get the ingredients for the inner layer sliced and ready. Assembling this sushi-inspired casserole from prepared ingredients takes 15 minutes or less, and no baking is necessary.

Brown Rice Casserole with Avocado and Shrimp

Ingredients:

4 cups cooked brown sushi rice or other medium grain brown rice
1 large cucumber, sliced lengthwise into flat 2-inch (5 cm) strips
2 carrots, sliced into flat 2-inch (5 cm) strips
9 medium cooked shrimp, peeled, deveined and sliced in half lengthwise, (optional)
2 medium avocados, peeled, seeded, and thinly sliced
4 tbsp sesame seeds
1 tbsp brown rice vinegar
½ tsp fresh ginger root, grated
1 tsp honey
1 tsp water
¾ tsp sea salt, divided
Fresh cilantro or parsley leaves, for garnish

Directions

1. Make a marinating sauce by whisking together brown rice vinegar, ginger, honey, water, and ¼ tsp sea salt. Marinate the cooked shrimp in the sauce until it is time to add them to the casserole.
2. Into a 2 quart (2 L) square baking dish, sprinkle a layer of 2 tbsp of sesame seeds.
3. Next, spread 2 cups of rice over the seeds, pressing the rice down slightly until it forms an even layer.
4. Sprinkle evenly with ¼ tsp sea salt. Onto the rice, place cucumber and carrot strips, followed by a layer of the sliced avocados. Layer the shrimp slices (if using) over the avocado layer. Top all these with the remaining 2 cups of rice.
5. Again, press the rice down to even it out until the top surface is packed and flat. Sprinkle with remaining ¼ tsp sea salt and 2 tbsp sesame seeds. Garnish with cilantro or parsley leaves. Cut into squares with a sharp knife to serve.

Servings: about 4

✿ Pasta with Avocado Sun Dried Tomato Pesto



☞ Creamy avocado balances the intensity of the sun-dried tomatoes in this rich sauce. For added protein, toss some grilled chicken strips or toasted pine nuts over the pasta.

Pasta with Avocado Sun Dried Tomato Pesto

Ingredients:

12 ounce package angel hair or other variety of pasta
1 avocado, seeded and peeled
8 sun dried tomatoes
1/3 cup packed fresh basil
3 cloves garlic
3/4 tsp sea salt
1/4 cup grated fontina cheese, optional

Directions

1. Soak sun-dried tomatoes in 1 cup of boiling water. Let stand for 10 minutes. Reserve liquid and transfer tomatoes to blender or food processor. Add 1/4 cup of the reserved liquid, along with avocado, fresh basil, garlic, and sea salt. Puree or pulse until a relatively smooth texture is achieved.
2. Cook pasta according to package directions. Drain and distribute to serving plates. Spoon avocado-tomato pesto over pasta and top with grated cheese. Serve warm.

Servings: 4 to 6

✿ Avocado Filled Cilantro Crepes



☕ Crepes are an easy way to fill your hunger - try the creamy avocado version with the sweet tanginess of bell pepper!

Avocado Filled Cilantro Crepes

Ingredients:

4 eggs
4 tbsp water
2 tbsp olive oil
1/3 cup chopped cilantro
1 large avocado, peeled, seeded, and sliced into thick strips
1/2 sweet bell pepper, any color, sliced into strips
Sea salt to taste

Directions

1. To make the crepes, beat eggs with water, cilantro and sea salt.
2. In a wok or large saucepan, heat 1 tbsp oil over medium high heat. Pour half of the eggs into the pan and swirl them to form a round even layer. Cook over high heat and then flip to cook the other side until light golden. Set on a plate to cool.
3. Make a second crepe by heating 1 tbsp oil and cooking the eggs as before. When crepes are cool, fill with avocado and pepper slices and roll up.

Servings: 2

✿ Avocado Topped Three Bean Chili



🍲 Nothing beats a warm bowl of chili with a side of cornbread. This recipe is full so full of flavor that adding meat, such as ground beef or ground chicken is optional.

Avocado Topped Three Bean Chili

Ingredients:

1 cup cooked kidney beans
1 cup cooked white beans
1 cup cooked black beans
1 white onion, chopped
1 sweet red or yellow bell pepper, cored, seeded, and diced
1 carrot, peeled and diced
4 plum tomatoes, diced
2 tsp chili powder
1/4 tsp ground oregano
3/4 tsp sea salt
1 tsp paprika or smoked paprika
2 cloves garlic, minced
1 tbsp olive oil
2 medium avocados, peeled and seeded.

Directions

1. Saute onion in olive oil. Add carrot and cook for 3 more minutes. Add tomatoes and bring to a boil. Stir in remaining ingredients except for avocado. Reduce heat to simmer for 20 minutes.
2. Cut avocado into slices or cubes. Ladle chili into bowls for serving and top with avocado. Serve warm.

Servings: 3 to 4

✧ Citrusy Salmon and Cucumber Stuffed Avocado



☕ Tangy and loaded with vitamin C, the flavours of this salad stuffed avocado will dance in your mouth. If wild red salmon is not available, try substituting crab or peanuts in its place.

Citrusy Salmon and Cucumber Stuffed Avocado

Ingredients:

1/2 large ruby red grapefruit or pomelo, peeled, segmented, and membranes removed
2 large avocados, halved and seeded
6 ounces cooked wild red salmon flakes, (optional)
1 large cucumber, peeled, seeded, and diced
2 tbsp lime juice
1 tsp honey
Sea salt to taste
1 tbsp packed fresh cilantro, chopped

Directions

1. In a small bowl, whisk together lime juice, honey and sea salt to make a dressing.
2. Gently pull apart grapefruit into small clusters of pulp.
3. Toss with salmon, cucumber, and lime dressing. Spoon into avocado halves and garnish with chopped cilantro.

Servings: 4

✿ Avocado, Egg, Spinach, & Mushroom Frittata



☕ A cousin to the omelet, frittata is versatile and satisfying, thanks to the protein from the eggs. This version is packed with nutrients like beta carotene, vitamin D, and potassium, which are contained in the spinach, mushrooms, and avocado.

Avocado, Egg, Spinach, & Mushroom Frittata

Ingredients:

- 1 large red onion or 4 shallots, chopped
- 1 clove garlic, minced
- 1 cup fresh spinach leaves
- 4 mushrooms, sliced
- 3 tbsp olive oil
- 6 large eggs
- 3 tbsp water
- ½ tsp sea salt
- ¼ tsp ground sage
- 1 large avocado, seeded and peeled
- 1 tsp lemon juice
- 2 tbsp chopped fresh parsley or green onions

Directions

1. Heat 2 tbsp olive oil over medium heat in an ovenproof skillet. Saute onion for 3 minutes and then add mushrooms and cook until tender. Add garlic to skillet and sauté for 1 to 2 minutes.
2. Remove from skillet and place in a mixing bowl. Add eggs , water, sage, and sea salt to onion mixture and beat until well combined. Preheat oven to 350 degrees F (180 C).
3. To the warm skillet add remaining 1 tbsp oil and swirl to coat the skillet bottom and edges. Carefully pour egg and onion mixture into skillet and cook on low, add spinach, and stir gently, until bottom of the eggs become firm. Remove from stove top.
4. Bake skillet at 350 degrees F (180 C) for 6 to 8 minutes or until eggs are set on top. Remove from oven. Slice avocado lengthwise into eights and baste with lemon juice. Arrange avocado on top of frittata and sprinkle parsley or green onions over everything.

Servings: 4 to 6

✦ Curried Hummus Wraps



☕ Perfect to make when you are short on time, blending in curry powder with prepared hummus makes these wraps quick and flavorful.

Curried Hummus Wraps

Ingredients:

- 1 large avocado, peeled, seeded, and cut into fourths
- 1 cup prepared hummus
- 1 tsp curry powder
- 1 medium cucumber, peeled, seeded, and cut into thin round slices
- 4 lettuce leaves
- 4 whole grain flatbreads


Directions

1. Use a fork to blend curry powder into hummus.
2. To make each wrap, spread ¼ cup hummus onto bread and top with avocado, cucumber and lettuce.
3. Fold in half before serving.

Servings: 4

Chalupas



 Toasted tortillas are a perfect match for avocado and more tasty Tex-Mex ingredients. If you wish to speed meal preparation along, opt for canned refried beans. Or you can prepare your own beans ahead of time.

For those who love meat, shredded cooked pork, chicken, or beef are all suitable toppings to add.



Chalupas

Ingredients:

2 cups or 1 can seasoned vegetarian refried pinto or refried black beans
6 whole grain tortillas
1 cup mozzarella cheese, shredded, optional
4 red radishes, thinly sliced
3 green onions, chopped
4 plum tomatoes, diced
2 medium avocados, peeled, seeded, and thinly sliced
½ cup black olives, sliced, optional
Olive oil for greasing baking tray

Directions

1. Preheat oven to 350 degrees F (180 C). Onto a baking tray greased with olive oil, place tortillas and spread with refried beans.
2. Sprinkle cheese over top and then bake until beans are heated through.
3. Top chalupas with olives, avocado slices, tomatoes and green onions.
4. Serve warm.

Servings: 6

✿ Shepherds Pie with Avocado Potato Topping



☕ This impressive dessert features a creamy layer of chocolate-infused avocado filling, accented with slices of fruit. No baking is required however. Feel free to incorporate whatever fruits are local and in season.

The crepe layers and the chocolate avocado filling can be prepared in advance and stored separately in the refrigerator. Assemble the cake layers shortly before serving.

Shepherds Pie with Avocado Potato Topping

Filling Ingredients:

12 ounces (340 g) ground grass-fed beef, or ground turkey or 1 ½ cups cooked kidney beans
 1½ tbsp olive oil
 2 medium onions, chopped
 2 cloves garlic, minced
 ½ cup corn kernels
 3 plum tomatoes, diced
 1 large zucchini, diced
 ½ tsp ground cumin
 1 tsp dried oregano leaves
 ¾ tsp sea salt
 1 tsp corn starch
 1 tbsp cold water

Topping Ingredients:

2 large potatoes (about 1 pound), peeled and cut into cubes
 1 large avocado, seeded and peeled.
 1 tsp sea salt
 ½ cup cheddar cheese, shredded
 1 tbsp dried parsley flakes or chopped fresh parsley

Directions

1. To prepare topping, place potatoes into a pot and cover with water. Bring to a boil and cook until tender, about 14 to 16 minutes. Drain most of the remaining water and mash until fluffy using a potato masher or an electric mixer. Add avocado and sea salt; blend until an even pale green color is achieved. Stir in parsley and shredded cheese.
2. For the filling, heat olive oil in a large skillet over medium heat and then cook onions for 6 minutes or until tender. Add meat, if using, and brown for 5 minutes. Stir in garlic, spices, tomatoes, corn and zucchini. Mix cornstarch with 1 tbsp cold water and add to filling mixture. Bring to a boil. Turn heat down and simmer, covered, for 8 to 10 minutes. Remove cover and stir, continuing to simmer until juices are slightly thickened.
3. Preheat oven to 400 degrees F (205 C) Transfer filling to a 2 quart (2 L) glass baking dish. Top with avocado potatoes. Bake for 15 minutes, or until topping is slightly golden.

Servings: 4

✿ Layered Avocado Salad



🍽️ An eye-catching and delicious salad that is stacked like a miniature tower. You can substitute sunflower seeds with almonds.

Layered Avocado Salad

Ingredients:

2 medium avocados, peeled, seeded, and sliced
6 ounces cooked wild salmon, flaked, (optional)
1/2 cup sunflower seeds
1 cup fresh spinach leaves
2 cups cooked peas
1 red bell pepper, diced
4 green onions, chopped
3/4 tsp sea salt
2 tbsp lemon juice
2 tsp honey
2 tbsp olive oil

Directions

1. Whisk together lemon juice, honey, olive oil, and sea salt to make a dressing.
2. Pour half of dressing on peas and toss to coat. To assemble the salad, place peas in a layer at the bottom of a glad serving bowl.
3. Add diced red pepper to form the next layer, followed by green onions and then spinach. Over the spinach place a layer of eggs, followed by the avocado and finally the sunflower seeds.
4. Drizzle remaining dressing over the top.

Servings: 3

✿ Couscous Pilaf with Avocado and Pistachios



☕ Bring a taste of the Mediterranean to your table with seasoned couscous pilaf accented with pistachios and avocado.

Couscous Pilaf with Avocado and Pistachios

Ingredients:

2¼ cups vegetable or chicken broth
10 ounces (300g) whole wheat couscous
2 tsp olive oil
1 clove garlic, minced
¼ tsp dried oregano leaves
3 tbsp fresh parsley, chopped
1/3 cup chopped red onion
12 ounces pistachios
2 medium avocados, peeled, seeded, and cut lengthwise into slices
½ lemon
Sea salt and black pepper to taste

Directions

1. Combine the broth, olive oil, garlic, oregano, and red onion in a saucepan with a lid and bring to boil.
2. Stir in the couscous, cover, and remove from heat. Let the couscous stand for 5 to 7 minutes and then fluff with a fork or wooden spoon.
3. Transfer warm couscous to serving plates, sprinkle with parsley and place pistachios and avocado slices over warm couscous.
4. Squeeze lemon juice over top. Season to taste.

Servings: 3 to 4

🌿 Southwest Mini Pot Pies with Avocado



🍲 Southwest spices and avocado jazz up these petite casseroles to become comfort food with a Latino twist. If you crave a spicier kick, use cayenne pepper instead of chili powder.

Southwest Mini Pot Pies with Avocado

Ingredients:

3 cups chicken or vegetable broth
 1 medium onion, chopped
 1 medium zucchini, diced
 1/3 cup flour (for thickening)
 1 cup red or white kidney beans
 1 cup sweet corn kernels
 1 tbsp olive oil
 1 tsp ground cumin
 1 tsp paprika
 1/2 tsp chili powder
 1 tomato, seeded and diced
 1/2 sweet bell pepper, any color, diced
 1 1/2 cups cooked chicken, shredded or cut into cubes, optional
 1 large avocado, seeded and peeled
 1 tsp lemon juice

Crust Ingredients:

1 1/2 cups unbleached all-purpose flour
 1/2 cup corn meal, masa flour, or quinoa flour
 6 tbsp olive oil
 1 tsp sea salt
 1 3/4 tsp baking powder
 1/2 cup water
 1 to 2 tbsp chopped fresh cilantro

Directions

1. In a large saucepan, heat oil over medium heat. Saute onion and zucchini for about 5 minutes. Stir in flour gradually until a paste forms.
2. Add spices, broth, beans, corn, and bell pepper. Bring to a boil and stir until slightly thickened.
3. Reduce heat slightly and stir in chicken. Remove filling mixture from heat and cover to keep warm.
4. Preheat oven to 450 degrees F (230 C). Prepare crust by combining flours, baking powder, salt, and oil, tossing with a fork until the texture is crumbly.
5. Use the fork to stir in water until a ball of dough forms. Add a little more water if needed.

6. Onto a flat surface coated with flour, roll out the dough. Cut into rounds by pressing an empty 3-inch ramekin through the dough.
7. Transfer warm filling into eight 3-inch ramekins.
8. Cut avocado into cubes and coat with lemon juice. Top the filling with the avocado cubes.
9. Place dough over filling in each ramekin. Cut vents in the dough. Bake pies on a baking sheet until crust is golden, about 15 to 18 minutes. Sprinkle crust with chopped cilantro before serving.

Servings: 8



Avocado Banh Mi Bites



☕ Here is a heart-healthy sandwich that brings the flavours of Vietnam straight to your fingertips.

This version uses avocados in place of mayonnaise and still tastes delicious without the shredded meat. To make this sandwich completely vegetarian, look for vegetarian fish sauce or substitute tamari sauce.



Avocado Banh Mi Bites

Ingredients:

- 1 long loaf of whole grain baguette-style bread (about 24 inches or 60 cm)
- 2 avocados, seeded, peeled, and mashed
- 1 English cucumber, sliced lengthwise and cut into 2-inch long flat strips
- 1 carrot, sliced lengthwise and cut into 1-inch strips
- ½ medium white onion, thinly sliced
- 1 jalapeno pepper, thinly sliced, optional
- 4 cilantro sprigs, coarsely chopped
- 2 tsp fresh lemon juice
- ½ tsp sea salt
- 3 tbsp raw apple cider vinegar
- 2 tbsp honey
- 1 tsp vegetarian fish sauce
- Tamari or soy sauce, to taste

Directions

1. In a small bowl, mix together vinegar, honey, and vegetarian fish sauce. Add carrot and onion slices and set aside to marinate for at least 15 minutes.
2. In a separate bowl, season the mashed avocado with lemon juice and sea salt.
3. Next, slice the bread lengthwise and spread seasoned avocado inside. Add strips of cucumber and jalapeno slices.
4. Finally, add the marinated carrots and onions. Splash with tamari sauce to taste. With a sharp serrated knife, cut sandwich into 12 portions.

Servings: 12 snack portions



Avocado Noodle Soup



🍲 Even a small bowl of this gingery soup will satisfy your Asian food cravings. Avocado slices ensure you get a boost of energy and nutrients instead of empty calories. By adding cooked tofu, you could also opt to make a light meal out of it.



Avocado Noodle Soup

Ingredients:

- 4 cups vegetable or chicken broth
- 1 package brown rice noodles (8 to 10 ounces or 240-300 g)
- 1 cup water or coconut milk
- 3 tbsp tamari sauce or fish sauce
- 1 large avocado, seeded and peeled
- 1½ cups baby bok choy, rinsed and chopped
- 1 tsp fresh ginger, grated
- 1 tbsp shallots, thinly sliced
- 1 tbsp olive oil
- 1 ½ cups tofu, cubed, (optional)

Directions

1. Prepare noodles according to package directions. Drain and rinse in cool water.
2. In a small saucepan, heat olive oil and fry shallots until they are golden. Drizzle oil and shallots over noodles and set aside.
3. Heat broth, water or coconut milk, ginger, and tamari or fish sauce in a stock pot and bring to a boil. Add baby bok choy and reduce heat. Simmer for about 4 minutes.
4. Add cooked noodles and heat through. Slice avocado. Serve soup in bowls and top with avocado slices.

Servings: 6 to 8 small bowls of soup



Avocado and Sun-Dried Tomatoes on Crackers



☕ Creamy, crunchy, and packed with intense tomato flavour, this combination of avocado and crackers will keep people coming back for more. If you prefer to make the spread ahead of time, add a tsp of lemon juice to preserve the fresh green colour of the avocado.



Avocado and Sun-Dried Tomatoes on Crackers

Ingredients:

- 1 package whole grain crackers
- 1 medium avocado
- 1/4 cup sun-dried tomatoes packed in olive oil, chopped
- 1 tbsp fresh basil, coarsely chopped
- 2 tbsp slivered almonds
- 1/4 tsp sea salt

Directions

1. In a medium bowl, mash avocado with sea salt. Stir in sun-dried tomatoes.
2. Spread avocado and tomato mixture on crackers.
3. Top with basil and almond slivers.

Serving: 16



Avocado Stuffed Zucchini



☕ Roasted zucchini presents a very different texture - soft and tender, perfect with avocado and olives for the right amount of saltiness. It'll taste just as great without the cheese if you choose to opt for the more alkaline version!



Avocado Stuffed Zucchini

Ingredients:

- 2 medium zucchini
- 1 large avocado, seeded and peeled
- ½ cup black or kalmata olives, pitted and chopped
- 1 plum tomato, seeded and diced
- ¼ cup crumbled feta cheese, optional


Directions

1. Slice zucchini in half lengthwise. Use a spoon or melon baller to remove part of the inner flesh of the zucchini and create room for the filling.
2. Sprinkle zucchini with sea salt and let sit for 10 minutes. Preheat oven to 400 degrees F.
3. Meanwhile, make vinaigrette with 2 tsp olive oil and 2 tsp red wine vinegar.
4. Dice avocado and gently toss with the olives, tomato, and vinaigrette. Add sea salt to taste.
5. Blot moisture off on zucchini with a paper towel or clean kitchen towel. Roast zucchini for about 5 to 7 minutes, until just tender.
6. Remove from oven and allow to cool slightly before filling. Top with crumbled cheese and slice stuffed zucchini into desired number of servings.

Servings: 8 to 12 appetizers

Chicken Satay with Red Pepper and Avocado



 Go for a savoury protein boost with these colourful appetizers on a stick. The traditional peanut dipping sauce makes an authentically Asian contribution to the taste.



Chicken Satay with Red Pepper and Avocado

Ingredients for the skewers:

- 8 ounces extra firm tofu, cut into 1-inch cubes
- 1 red sweet pepper, cut into squares
- 2 cloves garlic, minced
- 1 firm ripe avocado, seed and peeled
- 2 tbsp olive oil
- ½ tsp sea salt
- 2 tsp sesame seeds
- 1 tbsp lime juice

Ingredients for the Dipping Sauce:

- 3 tbsp peanut butter
- 2 tbsp lime juice
- 1 tsp tamari or soy sauce
- 1 tsp chilli sauce, optional

Directions

1. Soak 8 bamboo skewers in water for 30 minutes or longer.
2. Meanwhile, in a medium glass, ceramic, or plastic bowl (not metal), combine garlic, oil, sesame seeds, sea salt and lime juice. Add tofu cubes and toss to coat. Set aside to marinate for at least 30 minutes.
3. Blend together all ingredients for the dipping sauce, adding water if needed, until a smooth blend is achieved.
4. Thread tofu and sweet pepper onto skewers in an alternating pattern. Broil or grill skewered tofu for about 8 to 10 minutes, turning once to ensure even cooking. Cut avocado into 16 pieces that are roughly equal in size. Add one piece of avocado to each end of the skewers. Serve satay skewers with peanut dipping sauce.

Servings: 8 skewers



Avocado and Olive Pinwheels



☕ Ever popular for good reason, pinwheels are simple to assemble; and they look and taste great. Should you wish to turn up the heat and make things spicy, sprinkle on a little cumin powder and cayenne pepper before rolling them up.



Avocado and Olive Pinwheels

Ingredients:

- 4 whole grain flour or corn tortillas, 8-inch size
- 1 avocado, peeled and seeded
- ¼ cup black olives, chopped
- ¼ cup raw mozzarella cheese, shredded, optional
- ¼ tsp sea salt
- 1 tsp lemon juice or apple cider vinegar

Directions

1. Mash avocado until mostly smooth. Stir in sea salt and lemon juice until blended.
2. Spread an even layer of avocado onto each tortilla, leaving a 2 cm (¾-inch) margin from the edge of the tortilla. Sprinkle about 1 tbsp each of chopped olives and shredded cheese.
3. Roll up each tortilla to form a log. Secure the tortilla with 8 toothpicks.
4. With a sharp knife, slice each rolled up tortilla into 8 equal pieces.
5. Arrange on a platter, keeping a toothpick in each pinwheel to secure the roll in place.

Makes 32 small pinwheel rolls.



Avocado Fruit Salsa with Honey Ginger Chips



🍹 Sweet, tart, and creamy cubes of fruit blend beautifully in the bowl to form a delicious snack-able treat. By baking your own whole grain chips, you can enjoy a healthy crunch with each scoop of tangy salsa. Optional - add fresh grapes for extra sweetness!



Avocado Fruit Salsa with Honey Ginger Chips

Ingredients for Salsa:

- 1 cup diced strawberries
- 1 cup diced avocado
- ½ cup diced mango
- ½ cup diced fresh pineapple

Ingredients for Chips:

- 8 whole grain flour tortillas
- 2 tbsp coconut oil, melted
- 1 tbsp sucanat
- ½ tsp ground ginger
- 1-2 tbsp honey, warmed

Directions

1. Combine strawberries, avocado, mango, and pineapple in serving bowl. Gently toss the fruits to distribute them evenly.
2. Preheat oven to 350 degrees F (180 C). Brush each tortilla with melted coconut oil.
3. Blend together ginger and sucanat and sprinkle evenly over the tortillas. Cut each tortilla into 8 wedges. Place the wedges on a baking sheet and bake until crisp and golden, about 7 to 9 minutes. Watch carefully so that the chips do not get over-baked.
4. Drizzle chips with honey before serving with salsa.

Servings: about 8



Cucumber Bites with Avocado



☺ With just four ingredients, these petite snacks come together quickly. Half of the ingredients have a milder taste, while the other two are more intense, which creates a delicious balancing act. Whether you make them for yourself or for a party, these healthy cucumber bites are ready to be a hit that you can easily repeat.



Cucumber Bites with Avocado

Ingredients:

- 1 large or 2 medium cucumbers, peeled and cut into ½-inch (1 cm) slices
- 6 ounces (180 g) smoked cheddar or gouda cheese, sliced into 24 pieces, optional
- 1 large avocado, seeded, peeled, and cut into 24 pieces
- 8 cherry tomatoes, sliced into thirds

Directions

1. For bottom layer, place cucumber on serving plate and top with cheese, tomato, and finally avocado.
2. Secure toppings onto cucumber slice with a toothpick.

Servings: 24



Avocado and White Bean Dip with Spinach



☕ As versatile as it is delicious, you may use this as a dip or spread with raw vegetables, pita wedges, chips, or crackers. While other dips rely on sour cream or mayonnaise, this version relies uses only healthy, unprocessed ingredients like avocado and olive.



Avocado and White Bean Dip with Spinach

Ingredients:

- 1 large avocado, seeded and peeled
- $\frac{3}{4}$ cup cooked white beans
- 1 tbsp fresh lemon juice
- 1-2 tbsp olive oil
- 1 clove garlic, diced
- $\frac{1}{2}$ tsp sea salt
- $\frac{1}{2}$ cup spinach, preferably organic

Directions

1. Combine all ingredients except spinach in a blender or food processor and blend until smooth.
2. Add spinach and pulse until spinach is chopped.
3. Transfer dip to serving bowl and stir until spinach is evenly distributed.

Servings: 16



Easy Avocado Crostini



☕ What would you like on your crostini today? With avocado layered between the crusty bread and the toppings of your choice, you can pick options that suit your mood or dietary preferences.



Easy Avocado Crostini

Base ingredients:

1 medium avocado, mashed
1 loaf whole grain french bread, sliced
1-2 tbsp olive oil
½ tsp sea salt

Topping options:

Grape tomato halves
Sliced olives, any variety
Feta cheese, (optional)
Basil leaves
Artichoke hearts

Directions

1. Combine avocado and sea salt.
2. Preheat oven to 375 degrees (180 C) and toast bread slices on a baking sheet for 3 to 4 minutes.
3. Remove from oven when crisp. Brush on olive oil. Spread each slice with mashed avocado and top with 2 to 3 toppings listed above.
4. Return crostini to oven and heat briefly to warm, about 2 minutes.

Servings: 10 to 12



Lettuce Wraps with Avocado, Feta, and Carrots



☺ Crisp fresh lettuce serves as the delivery method for this delightful combination of avocado, carrots, and feta cheese. Sunflower seeds add both flavour and Vitamin E, delivering additional nutrients with each tasty bite.



Lettuce Wraps with Avocado, Feta, and Carrots

Ingredients:

- 1 large ripe avocado
- 2 medium carrots, peeled and diced into 1 cm (1/2-inch) cubes
- 4 ounces (120 g) feta cheese, cut into 1 cm (1/2-inch) cubes
- 1/3 cup sunflower seeds
- 6 green lettuce leaves, preferably Bibb or Boston variety
- 1 tbsp olive oil
- 2 tsp fresh lemon juice
- 1 small shallot, minced
- Sea salt to taste

Directions

1. Make a dressing by combining olive oil, lemon juice, and shallot.
2. Cut avocado into cubes and toss with dressing, carrots, sunflower seeds, and feta cheese. Add sea salt to taste.
3. Arrange lettuce leaves on a serving plate and fill with avocado and carrot mixture.

Servings: 6 wraps



Fresh Avocado Spring Rolls



🍲 Rice spring rolls are a favorite Vietnamese Snacks, often served with a chili dip for an extra kick of spiciness. Remember to drain the vegetables after washing them so that the rice wrappers will not be too soggy.



Fresh Avocado Spring Rolls

Main Ingredients:

8 to 10 rice spring roll wrappers, 8-inches in diameter
 1 large avocado, peeled and seeded, sliced into eighths
 1 bunch bean thread noodles
 1 small bunch of fresh cilantro sprigs, washed and trimmed
 1 cucumber, peeled, seeded, and sliced into 3-inch (7cm) strips
 1 spring onion, chopped
 8 ounces cooked white fish, such as sole, tilapia or flounder, optional
 2 plum tomatoes, seeded and cut lengthwise into strips
 Juice from ½ lime
 2 tsp olive oil
 Sea salt to taste

Sauce Ingredients:

1 tbsp fish sauce
 Lime juice from ½ lime
 1 clove garlic, minced
 Honey to taste

Directions

1. Soak bean thread noodles in boiling water for at least 15 minutes. Drain well and toss with lime juice and olive oil.
2. In a large pan or glass dish, pour 2 inches of boiling water. Take one rice wrapper and soak it in the hot water for 45 seconds. Carefully remove and spread on plate.
3. In the center of the wrapper, place some bean thread noodles, avocado, several cilantro stems and leaves, a slice of cucumber, and a large pinch of green onion bits. Top with fish, if using, and a strip of tomato.
4. Fold ends of wrapper toward center and then roll the sides up to enclose the filling. Fill and roll the other spring rolls in the same way. Cover the spring rolls until serving time so that they remain soft and moist.
5. To make the dipping sauce, blend together the fish sauce, lime juice, garlic, and honey. Dilute with a small amount of water if the flavor seems too strong.
6. Serve the spring rolls with the dipping sauce.

Servings: 8 spring rolls



Stuffed Tomatoes



🍷 Tomato is rich in Vitamin C and a great anti-aging food. Instead of the usual risotto stuffing, use olives and avocado!



Stuffed Tomatoes

Ingredients:

4 medium vine-ripened tomatoes (about 1 pound or 450 grams altogether)
2 medium ripe avocados, seeded and peeled
1/4 cup black olives, sliced
1/4 cup goat cheese, crumbled
8 to 12 fresh basil leaves
Sea salt

Directions

1. Remove stems from tomatoes and split each one in half.
2. Scoop out seeds and inner flesh and discard. Mash avocado and add salt to taste.
3. Fill tomato halves with avocado. Top with olives and cheese.
4. Broil for 2 minutes to melt and toast cheese.
5. Garnish with fresh basil leaves

Servings: 8 stuffed tomato halves



Avocado Pita Wedges with Mushrooms and Swiss Cheese



☺ Pita wedges with avocado and cheese come together in a snap. They serve as a convenient snack to pick up and eat without a fuss.

The mushrooms not only boost the flavor quotient of these miniature sandwiches, they also contain a nutritional bonus - Vitamin D.



Avocado Pita Wedges with Mushrooms and Swiss Cheese

Ingredients:

2 whole grain pita pocket breads
1 large avocado, seeded, peeled, and thinly sliced
1-2 ounce slices of Swiss cheese
1 tablespoon olive oil
½ onion, thinly sliced
4 medium cremini, white, or baby portabella mushrooms, sliced
Sea salt to taste

Directions

1. In a heavy medium skillet, heat olive oil over medium heat. Add onions and sauté until tender and golden, about 5 minutes. Add mushrooms and cook under tender. Turn off heat and season with sea salt to taste.
2. Cut pita pockets in half and fill with avocado slices and evenly distribute cheese. Add cooked mushrooms and onions.
3. In a microwave or 350 degree F (180 C) oven, warm pita halves until cheese is melted but not overcooked.
4. Slice pita halves into 4 wedges each.

Servings: 16 pita wedges



Avocado Gazpacho Soup



A bowl of fresh cold soup is refreshing any time of the year, though it is often associated with warm summer days. Avocado adds a creamy base that helps the soup taste even more satisfying.



Avocado Gazpacho Soup

Ingredients:

- 1 long cucumber, peeled and seeds removed
- 1 large avocado
- 3 medium yellow(or red) tomatoes, seeded and chopped
- 1 sweet green bell pepper, diced
- ½ tsp sea salt
- 2 tbsp lime juice
- Dash of ground cayenne pepper or green pepper sauce, optional
- 4 cooked shrimp, (optional)
- 2 green onions, chopped

Directions

1. In a blender or food processor, puree the avocado, lime juice, tomatoes, and half of the cucumber.
2. Dice the other half of the cucumber into small cubes. Stir the green pepper and diced cucumber into the avocado mixture. Add sea salt and pepper or pepper sauce to taste.
3. Chill soup for at least 90 minutes.
4. Pour cold soup into serving bowls and garnish with shrimp, if using, and chopped green onions.

Servings: 4 small bowls of soup