

AVOCADO



PREPARATION



- Cut in half, remove stone and skin. Chop or mash as required.
- Avocados brown easily so cut just before use.
- Squirt with lemon or lime juice to prevent browning.

ADD FLAVOUR



- Avocado goes especially well with tomatoes, lemon, garlic, chilli, parsley or coriander and vegemite/marmite.
- Try it on toast as is or with tomato and a dash of salt and pepper.

VEGE UP



- Add avocados to salads and sandwiches.
- Use instead of butter on bread or crackers
- Can also be used as in smoothies and as a creamy base for avocado chocolate mousse.

STORAGE



- Buy several days in advance, when still hard, and store at room temperature.
- To speed up ripening, store next to a banana or in a paper bag with a banana.
- Once ripened, store in the fridge for up to a week.