

# HOW TO PREPARE AVOCADO



1

**Cut in half lengthwise around the seed. Twist halves apart.**

**Tap seed firmly with knife blade and twist to remove.**

2



3

**Gently cut into squares without piercing skin.**



4

**Use a spoon to scoop out the flesh. Discard skin and seed.**



**Turn over for a delicious recipe you can try at home!**

# RECIPE

## Avocado Toast

### INGREDIENTS

- ½ avocado, peeled and seeded
- ½ teaspoon lemon or lime juice
- Salt and pepper to taste
- 1 slice whole grain bread, toasted
- Optional: Red pepper flakes, scrambled or fried eggs

1. Toast the bread.
2. Combine avocado, lemon or lime juice, and salt and pepper in a small bowl. Mash and mix with a fork.
3. Spread avocado mixture on top of toasted bread.
4. If desired, top with red pepper flakes or scrambled or fried eggs.

*Makes 1 serving.*



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