



INTENTIONAL SOUP 3 AVOCADO RECIPES

AVOCADO HUMMUS FOR VEGAN FRIENDS

Dice half the avocado and set aside.

Mash or puree in blender or food processor remaining avocado, 1 can of garbanzo beans, 1-2

cloves garlic, juice of 1 lemon, 2T olive oil and 1/4 salt together until smooth.

Gently stir diced avocado into hummus mixture.

Drizzle with avocado or olive oil if desired and sprinkle with raw or toasted pine nuts.



EGG IN AN AVOCADO

Heat the oven to 425' degrees

Slice an avocado in half, lengthwise and twist to separate & remove pit.

Place the avocado halves in a baking dish, to keep them upright, and gently crack one egg on top of each half.

Bake for 15-20 minutes.

Sprinkle with fresh ground salt & pepper, sesame seeds, cilantro, or your favorite herbs

CHRISTINA MONTANO'S MID MORNING AVOCADO SESAME TOAST

A slice of double toasted (so it's crunchy) sesame bread w/ just enough olive oil to spread evenly across toast, slice or mash a 1/4 of a ripe avocado, spread evenly over toast

Fresh ground salt and pepper to taste.



CHRISTINA'S AFTERNOON BOOST AVOCADO SMOOTHIE

1 frozen banana

1/2 an avocado.

1/2 cup almond, flax or cashew milk.

A touch of honey, agave, or maple syrup

Blend together in a VitaMix or a powerful blender.

Enjoy immediately.

SERVE WITH LOVE