

## **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

▲ 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 powerful blender.

Enjoy immediately.

