



OH! AVOCADO

CARROT SPICE RAW SOUP

Makes 2 servings

Ingredients

4 carrots
2 avocados (reserve 1/2 for the topping)
1 teaspoon ginger
1/2 teaspoon cinnamon
1/4 teaspoon sea salt
Dash of red pepper flakes
2 cups water or coconut milk

Add all the ingredients in a blender and blend well. Top with chopped avocado. You could also add raw coconut cream, coconut milk kefir, or coconut yoghurt to the toppings. Serve cold (great for summer).

SUPER STUFFED AVOCADO

Serves 1-2

Ingredients

1 avocado, remove from skin (but leave intact)
1/2 cup celery, chopped
juice of 1 lime
sea salt, to taste
1 teaspoon parsley, chopped
1 tablespoon sunflower seeds

Take out the filling of the avocado and mash. Add celery, lime juice and sea salt to the mashed avocado. Place mixture back in the avocado skin and serve topped with parsley and sunflower seeds.

*Add a Tbsp of sauerkraut for extra bonus points!



CHOCOLATE BREAKFAST PUDDING

Serves 2

Ingredients

1 avocado
1/2 cup almond or coconut milk
3 tablespoons raw cacao powder
1 scoop of your favourite sweetened protein powder
1 teaspoon vanilla extract

Toppings:
Drizzled peanut butter
Muesli
Coconut or Greek yogurt

Blend the ingredients until creamy. Serve cold.

Recipes by Michelle Yandle