



**NATURIMEDICA**

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## 12 AVOCADO RECIPES: AVOCADOS FOR BREAKFAST, LUNCH, DINNER AND DESSERT!

Avocados certainly are one of the world's most perfect foods: compact, easy to get and keep, can be included in lunch boxes without spoiling and be cut just before eating. They are a truly fantastic 21st century food for busy people from all walks of life plus avocado recipes are quick and easy to make even for inexperienced cooks. In a nutshell avocados are:

- High in good fats - mostly monounsaturated fat beneficial for cholesterol management
- Very high in fibre regulating digestion and cholesterol excretion
- Rich in vitamins A, C, D, E, K as well as the B vitamins (especially folate for healthy cell and tissue development)
- High in mineral potassium – key to lowering blood pressure and cardiovascular health
- One of the highest sources of lutein, a valuable carotenoid compound that protects against eye degeneration (cataracts and macular degeneration) and also has antioxidant and anti-cancer properties.

I have compiled my favourite avocado recipes for you to indulge in and reap the health benefits as well. All recipes have simple ingredients, are easy to make in a short period of time and don't require any sophisticated kitchen equipment. Here are my selected avocado recipes for you to enjoy!

### BREAKFAST

#### Avocado smoothie (GF)

*Serves 1*

1 ripe avocado

1 tablespoon lime juice

½ cup of red papaya

1 tablespoon of soaked [chia seeds](#) (soak them for 20 minutes prior)

1 tablespoon of plain, full-cream vanilla yoghurt (optional if dairy free)

Raw honey to taste

Chopped mint to taste

Blend all ingredients, add water if needed for more creamy consistency. Avocado recipes at their simplest and best!



### Avocado-cashew dressing (GF, DF)

1 avocado  
1/4 cup soaked cashews  
2 tablespoons lemon juice  
½ teaspoon Celtic sea salt  
Garlic, around 1 clove  
1/4 cup extra virgin olive oil  
3/4 cup water

Blend all ingredients adding water until desired consistency is reached. Serve on salads or pasta or as a dip for vegetables, sweet potato chips etc. Substitute lime juice for lemon for a different taste, and add a handful of fresh coriander leaves.

### Avocado and coriander hummus (GF, DF)

*Serves 4*

400g canned chickpeas  
1 ripe avocado, halved  
¼ cup unhulled tahini  
¼ cup extra virgin olive oil  
¼ cup lemon juice  
1-2 cloves of garlic  
1 cup fresh coriander leaves  
1 teaspoon ground cumin  
½ teaspoon salt

Drain chickpeas, reserving 2 tablespoons of the liquid. Transfer the chickpeas and the reserved liquid to a blender. Add avocado, coriander, tahini, olive oil, lemon juice, garlic, cumin and salt. Puree until very smooth. Serve with cut vegetables, sweet potato wedges or crackers.

Adapted from <http://www.eatingwell.com/recipe/256572/avocado-hummus/>

## LUNCH

### Turkey and avocado burgers (GF, DF)

*Serves 4*

500g of turkey mince  
1 large avocado (firm) cut into chunks  
1 small egg  
1/3 cup of **almond meal** plus another 1/3 cup to cover the patties  
1 clove of garlic (chopped)  
1/2 teaspoon sea salt  
1/4 teaspoon pepper



Olive oil for frying  
Fresh herbs – I like chopped coriander

Place all ingredients in a large bowl and mix well. Make small burgers, cover with almond meal. Grill or fry until cooked through. Serve with a green salad and quinoa or rice.

### **Tomato avocado burgers (GF, DF)**

*Serves 4*

500g organic beef mince  
4 large tomatoes  
1 ripe avocado, cut in half  
2 tablespoons of Greek yogurt  
¼ teaspoon ground black pepper  
½ teaspoon sea salt  
1 teaspoon chili flakes or chilli powder  
2 teaspoons fresh lime juice  
¼ teaspoon ground cumin  
A few lettuce leaves (shredded)

Cut the tomatoes in half horizontally, scoop out the seeds and membrane. Place half of the avocado in a bowl and mash with a fork until almost smooth. Add yogurt, lime juice and cumin and stir to combine. Dice remaining half avocado and add it alongside teaspoon salt. Stir gently to combine and set aside.

Season ground beef with ½ teaspoon of salt, black pepper and chili powder, mix well. Divide into equal 4 portions and gently shape each portion into 1 cm thick patty.

Preheat grill (or pan) to medium-high heat. Grill patties 3 minutes on each side or until cooked through. In the meantime, lightly grease with olive oil a medium pan and heat over medium-high heat. Cook halved tomatoes face down for 2 to 3 minutes, until they begin to brown. Turn and cook for 20 seconds on the other side so that they get a bit of colour. To assemble burgers, place a large pinch of sprouts on the bottom part of each tomato, top with a beef patty, about 2 tablespoons of avocado sauce and finish with the other half of each tomato.

Adapted from <http://www.theironyou.com/2013/08/tomato-avocado-burgers-low-carb-and.html>

### **Avocado and olive canapes (DF)**

*Serves 3-4*

1 avocado  
200g green olives, pitted  
4 almonds  
1 clove garlic  
Juice of ½ lemon



1 tablespoon apple cider vinegar  
1 tablespoon extra-virgin olive oil  
Sea salt and pepper  
4 large slices of spelt sourdough bread  
Small cooked prawns (optional) or chicken pieces  
Fresh herbs to garnish

Blend avocado flesh with olives, almonds, garlic and lemon juice to make a smooth cream. Stir in the vinegar and olive oil, season with salt and pepper. Spoon the avocado cream into a pastry bag, squeeze the mixture out in rosettes onto the slices of bread. Garnish with prawns or chicken pieces and fresh herbs, serve.

## DINNER

### Avocado, cucumber and feta salad (GF)

*Family size*

3 avocados, chopped  
1 large seedless cucumber, chopped  
1/3 cup crumbled feta cheese  
1 tablespoon finely chopped fresh dill  
Juice of 1 lemon  
Salt and black pepper, to taste

Place cucumber, avocado, lemon juice, feta and dill in a large bowl. Gently stir to combine. Season with salt and black pepper to taste. Serve with roast dinner or gluten free pasta.

Adapted from <https://www.twopeasandtheirpod.com/cucumber-avocado-and-feta-salad/>

### Avocado coriander lime rice (GF, DF)

*Serves 4*

4- 5 cups cooked brown rice (preferably day old)  
2 medium ripe avocados  
2 tablespoon fresh lime juice  
1/4 cup chopped coriander  
1/4 + 1/8 tsp ground cumin  
1 small clove garlic, minced  
Salt and freshly ground black pepper to taste

Mash avocados in a large mixing bowl. Stir in lime juice, coriander, cumin and garlic, then season with salt and pepper to taste. Stir in warm cooked rice and serve warm with meat and tomato salad. One of the tastiest avocado recipes here!

Adapted from <http://www.cookingclassy.com/avocado-cilantro-lime-rice/>



## Avocado pasta (DF)

*Serves 4*

4 ripe avocados

Pasta of your choice

2 cloves garlic

1/3 cup of extra virgin olive oil

Juice of 1 lemon

1 big handful of fresh basil (or heaped tablespoon of pesto)

Sea salt and pepper to taste

Grating of parmesan

Cook the pasta in a large pan of boiling, salted water. Scoop out the flesh of the avocados. Put it into a blender with lemon juice, garlic, olive oil, salt and basil. Blend until smooth and creamy. Set it aside until the pasta is cooked. Toss together in a large bowl and sprinkle with freshly grated parmesan.

## DESSERTS

### Avocado chocolate mousse (GF, DF)

*Serves 4*

2 ripe avocados

40g cacao powder

2 tablespoons raw honey

80g medjool dates, pitted and soaked in warm water for 20 min, then drained

1 teaspoon ground cinnamon

1 vanilla pod, split lengthways and seed scraped

½ cup of water

Nuts pieces for topping

Combine all ingredients in a food processor and blend until smooth and fluffy. Spoon the mousse mixture into four small glasses and top with toasted nut pieces.

### Avocado and pistachio ice cream (GF)

1 box of good quality vanilla ice cream

3 ripe avocados

2 tablespoons of freshly squeezed lime juice

Pistachio nuts to taste

Mint leaves (optional)

Place the ice cream into a big ball and let it thaw until almost creamy. In the meantime, put the avocado flesh together with lime juice and mint leaves into the blender and mix until smooth and creamy.



Add the avocado mixture to the thawed ice cream, mix well. Divide into two containers and place them in the fridge to freeze. Serve topped with pistachio nuts. This must be one of the simplest avocado recipes ever!

### **Delish avocado chocolate truffles (GF, DF)**

*Makes 10-12 truffles*

1 ripe avocado

¾ cup dark chocolate, melted

½ teaspoon vanilla extract

¼ teaspoon cinnamon

cocoa powder for coating

Melt the chocolate in bowl. In a separate bowl, mash the avocado. When chocolate is smooth, pour into mashed avocado and stir together. Add in vanilla and cinnamon.

When combined and clump-free, place in the refrigerator for about a half hour. When cooled and hardened, scoop the mixture into 10-12 balls and roll until smooth. Roll each ball in cocoa powder and serve. Keep in an air tight container in the fridge. This is one of my favourite avocado recipes of all:)

Adapted from [http://www.yummyhealthyeasy.com/avocado-truffle-chocolates-recipe#\\_a5y\\_p=3257226](http://www.yummyhealthyeasy.com/avocado-truffle-chocolates-recipe#_a5y_p=3257226)

I hope you'll enjoy making some of these avocado recipes! Please share your favourite, tried and tested avocado recipes in the comments bellow. Thank you!

Good health and blessings

*Joanna*

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