



An Avocado a Day: More than 70 Recipes for Enjoying Nature's Most Delicious Superfood

Lara Ferroni

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Go beyond guacamole! Research shows that adding an avocado a day to your diet helps improve your overall health, and this cookbook will show you how to enjoy avocados in 70 delicious and different ways.

Even most avocado lovers don't know what to do with them beyond adding a slice or two to a sandwich or mashing one into guacamole. Here are 70 simple and delicious tasty recipes for everything from breakfast to dessert, including Avocado Green Curry Noodles, Tequila, Citrus and Ginger Stuffed Avocados, Avocado Waffles, and Avocado Key Lime Pie. Lara Ferroni educates readers on the various kinds of avocados and how to pick them, store them, and even grow them! Home cooks will learn how to make use avocado butter, oil, and honey, and how to incorporate avocados into any every meal of the day.

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Stephen Hawkins:

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Jose Said:

Spent a free time for you to be fun activity to do! A lot of people spent their down time with their family, or all their friends. Usually they performing activity like watching television, going to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? Might be reading a book may be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try out look for book, may be the publication untitled An Avocado a Day: More than 70 Recipes for Enjoying Nature's Most Delicious Superfood can be good book to read. May be it may be best activity to you.

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