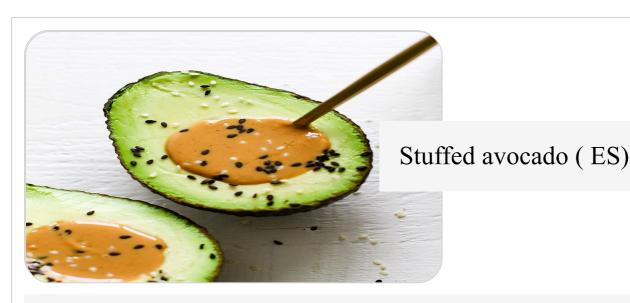


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Serving: 1 Veg

Ingredients

- 1 small avocado, split in half and pits removed
- Organic peanut butter or almond butter or sunflower butter 1 tbsp
- chia seeds 1/2 tsp
- Pumpkin seeds 1 tsp
- date syrup OR Maple syrup 1 tsp Optional

Preparation Method

- Take an avocado half and fill in the center with Butter.
- Sprinkle avocado with pumpkin seeds, chia seeds
- Drizzle with date syrup and serve immediately.