



Stuffed avocado (ES)

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.