



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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