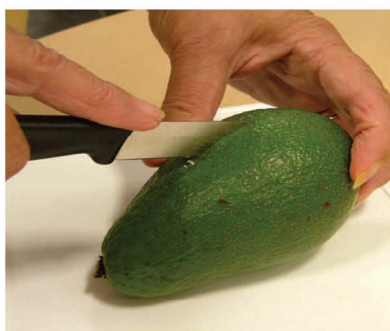


Avocado



$\frac{1}{2}$ = 1 of
your 5 a
day

- 1 Place point of small knife into the Avocado until you can feel the stone. Cut around Avocado following the shape of the stone.
- 2 Twist the two halves in opposite directions until fruit comes apart.
- 3 Take a large knife and using the blade near the handle, chop into the stone and lift away.
- 4 Fruit can be scooped out using a spoon, or use fingers to peel away skin and slice.

Tips

Avocado can be added to prawns to make a tasty prawn cocktail.

Or why not make a BLT?

Mix lettuce, sliced avocado, grilled chopped bacon, quartered tomatoes and low fat mayonnaise.

Did you know avocado is the main ingredient in guacamole dip.