



Avocado Aficionado: Amazing Avocado Recipes - Inspired by the World's Most Versatile Superfood (Paperback)

By Anthony Boundy

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.You too can discover new and creative ways to cook with avocado at home. You can add nutrients and texture to any meal by simply using these powerful superfoods. Don't be afraid of this creamy fruit's reputation as being high in fat. As a plant food, the fat this fruit contains is classed as being an oil rather than a solid fat. Our bodies need fat as it helps to slow down the breakdown of carbohydrates into sugar, which helps to regulate our blood sugar levels. So, avocados are an excellent alternative to the trans or saturated fats in our favorite dishes. They are fiber rich and are top of the fruit list for potassium, folate, Vitamin E, and magnesium. These nutrition facts speak for themselves. There are so many unique ways to use this superfood in dozens of recipes. You have all heard of fried zucchini bites and deep-fried cauliflower, but how about battered avocado bites? And it's not just appetizers that benefit from this superfood's versatility. Create a hot spicy curry, or salmon spaghetti by swapping...



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