

BAKED AVOCADO EGG BOATS



Avocados From  **Mexico**

◆◆◆ ALWAYS IN SEASON ◆◆◆

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BAKED AVOCADO EGG BOATS

PREP TIME: 10 MINUTES | COOK TIME: 30 MINUTES

INGREDIENTS

2 Avocados From Mexico,
medium, ripe
4 small eggs
2 tbsp. lime juice
Kosher salt

Fresh cracked pepper
Paprika

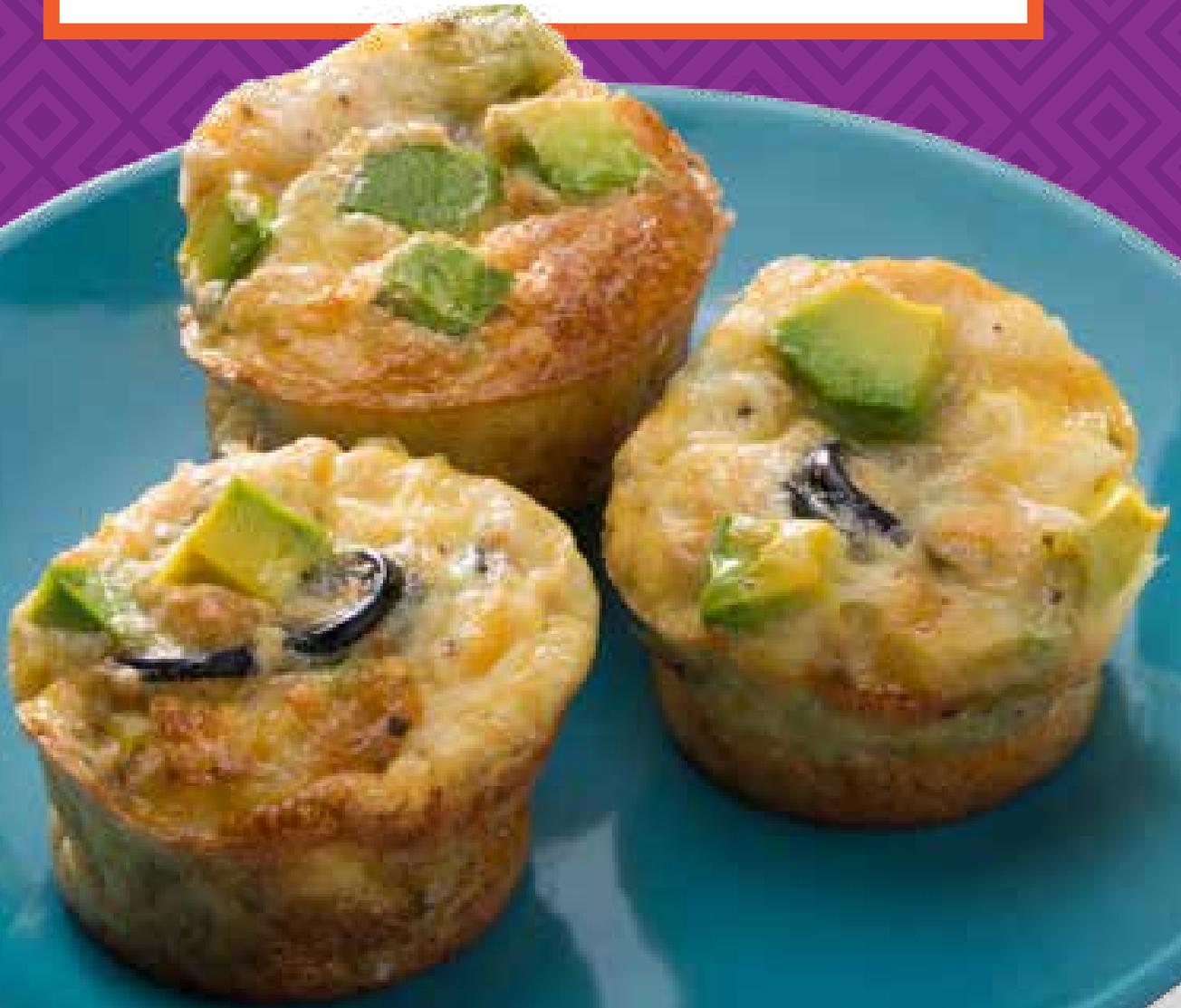
Optional: Serve with chopped
cilantro, chives, tomatoes or
hot sauce.

INSTRUCTIONS

1. Pre-heat oven to 425°F. Adjust oven rack to middle position.
2. Cut each avocado in half and remove the pit. Using a spoon, scoop out the center of each halved avocado so that there is room for 1 egg (1½ tbsp.).
3. Squeeze fresh lime juice over the avocado halves and season lightly with salt. Place avocados in a shallow baking pan so that they are supported and will not tip over.
4. Crack eggs carefully into a medium bowl keeping yolks intact. Carefully spoon out individual yolks and place one yolk in each avocado half. Add remaining egg whites as desired or as space permits.
5. Gently place baking pan in the oven and cook for 15 minutes. Check eggs to see if they are cooked with firm whites. Continue cooking if needed. Remove from the oven and garnish with salt, pepper and paprika.

MAKES 4 SERVINGS

MINI AVOCADO QUICHE CUPS



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MINI AVOCADO QUICHE CUPS

PREP TIME: 5 MINUTES | COOK TIME: 20 MINUTES

INGREDIENTS

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| 1 Avocados From Mexico avocado, medium, ripe, diced | ½ cup bell pepper, diced |
| 12 large eggs, beaten | 4 oz. cheese, shredded (Monterey Jack, cheddar, Swiss) salt and pepper to taste |
| ½ cup non-fat milk | |
| ¼ tsp. kosher salt | |

INSTRUCTIONS

1. Pre-heat oven to 350°F. Grease muffin tin with non-stick cooking spray.
2. In a large bowl, blend eggs, milk and salt for 1-2 minutes. Stir in peppers and gently fold avocados into the mixture.
3. Divide egg mixture evenly between 12 muffin tins (about $\frac{1}{3}$ cup each) and top with grated cheese.
4. Bake for 20-25 minutes or until the eggs are cooked through.
5. Cool for 5 minutes before removing from muffin tin. Serve hot.
6. Quiche is cooked through if a knife comes out clean when inserted in the middle of the quiche. Muffins can be stored in the refrigerator for 3-4 days and reheated for 1 minute in the microwave before serving.

MAKES 12 SERVINGS

AVO CITRUS AND YOGURT SMOOTHIE



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AVO CITRUS AND YOGURT SMOOTHIE

PREP TIME: 5 MINUTES

INGREDIENTS

- ½ Avocados From Mexico avocado, medium, ripe, diced
- 1 frozen ripe banana, mashed
- ½ cup vanilla Greek yogurt
- 1 cup orange juice
- 3 tbsp. fresh lime juice
- 2 tbsp. honey
- 2-3 cups ice cubes

INSTRUCTIONS

1. Combine all ingredients in a blender. Blend until smooth (1-2 minutes) and serve.

MAKES 1 SERVING

AVOCADO BANANA WALNUT MUFFINS



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AVOCADO BANANA WALNUT MUFFINS

PREP TIME: 10 MINUTES | COOK TIME: 15-20 MINUTES

INGREDIENTS

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|--|------------------------|
| ½ cup Avocados From Mexico avocado, mashed | ½ cup granulated sugar |
| 1 ripe banana, mashed | ¼ cup brown sugar |
| 2 large eggs | 1 tsp. baking soda |
| ½ cup 1% milk (or soymilk) | ½ tsp. salt |
| 1 tsp. vanilla extract | ½ cup chopped walnuts |
| 2 cups flour | |

INSTRUCTIONS

1. Pre-heat oven to 375°F. Grease a 12 cup non-stick muffin tin with non-stick cooking spray or line with paper muffin-tin liners.
2. In a large bowl, combine avocados, banana, eggs, milk and vanilla extract. In a separate bowl, combine flour, sugars, baking soda and salt.
3. Gently fold the avocado mixture into the flour mixture and combine. Stir in walnuts.
4. Spoon batter into prepared muffin tin. Bake 15-20 minutes or until a toothpick inserted into a muffin comes out clean.

MAKES 12 SERVINGS