



101 Avocado Recipes (101 Recipes Series) (Volume 2)

Allie Bishop

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Healthy Recipes - Delicious and Nutritious! With this avocado cookbook, it's finally possible to keep your heart healthy AND your taste buds happy. Avocados have long been known for their nutritional benefits and relationship with a healthy heart. These recipes make over your favorite dishes (plus add some new ones!) so you can pack your meals and treats with more nutrients than ever before. You'll find enticing recipes such as:

- Lobster Avocado Martini
- Chili-Cinnamon Brownies and Avocado Tequila Icecream
- Avocado Mozzarella Burgers
- Avocado Lime Cheesecake
- Falafel with Avocado Lime Dressing

And so much more! Inside, discover avocado-based recipes for:

- Breakfast
- Lunch
- Smoothies
- Guacamole, Salsa and Dips
- Appetizers
- Salads
- Mains
- Desserts
- Baked Goods

In addition, you'll find information on the health benefits of avocados, so you know you can treat yourself while filling yourself with nutrients!

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