

One-Minute Avocado Spread – 6 servings

Did you know? Avocados contain more fiber than any other fruit and more protein than most.

1 medium avocado, seeded and peeled
2 tablespoons lemon juice
2 tablespoons chopped fresh basil

Mash the avocado with a fork. Stir in the lemon juice and basil. Cover and chill for at least one hour to blend the flavors.

Try this avocado spread on your sandwiches instead of mayonnaise, cream cheese, or butter and save yourself a lot of calories and fat!

Source: *Avocados*, by Suzanne Gerber; Body and Soul Magazine – June 2006.
Giant Book of Kitchen Counter Cures – Karen Cicero and Colleen Pierre, M.S., R.D.