



Avocado and Lime Breakfast Smoothie: *(keeps you full for hours)*
serves 1

Ingredients:

- 1/2 avocado
- 1 lime
- Big Handful of baby spinach
- 1 ½ Lebanese cucumbers (or ¾ continental cucumber)
- ¾ cup unsweetened almond milk/ soy milk/ coconut milk/ rice milk *(the choice is yours)*
- Fresh Coconut Meat/ shredded coconut *(optional)*
- Stevia (or sweetener of choice)
- Ice
- And an extra dash of water if the blender needs it

Directions:

- Throw all the ingredients into your super powerful blender and blend till smooth and creamy!



Zucchini Noodle with Avocado Pasta Sauce (Perfect for dinner or lunch)
serves 1-2, depending how hungry you are!

Ingredients:

- 1 medium avocado, pitted
- 1/2 juice of a lemon
- 3 garlic cloves (reduce down to 1, if you don't like it garlicky)
- 1/4 cup fresh basil (*optional, if you don't have any available*)
- 2 tbsp. olive oil
- 2 medium zucchini
- Handful of Cherry Tomatoes
- Salt and pepper to taste

Directions:

- Prepare your Zucchini noodles by washing them and then peeling them
- Now use your veggie spiral to make your "noodles"
- In a food processor, blend you olive oil, lemon and garlic
- Now add your avocado, basil and salt and blend again until it becomes nice and creamy.
- Mix the avocado pasta sauce with your zucchini noodles and serve with sliced cherry tomatoes!



5 Star Avocado and Tomato Salad

Ingredients:

- 2 medium vine ripe tomatoes, chopped
- 1 avocado, chopped
- 1/4 cup diced red onion
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon lemon juice
- Salt and crackers pepper

Directions:

1. Chop everything up and mix well in small bowl
2. Let sit for 5 mins before eating



[\(photo taken by Apple Of My Eye\)](#)

Dark Chocolate Avocado Truffles *Makes 20, only 59 calories per truffle*

Ingredients:

- 1 ripe avocado
- 5 oz. dark chocolate (try to avoid using chocolate chips)
- 2 tbsp. brown sugar (of natural sweetener of choice)
- ¼ tsp. vanilla extract
- ⅛ tsp. salt
- 2½ tbsp. unsweetened cocoa powder (separated)

Instructions

1. Pit the avocado and mash the flesh with a fork until completely smooth and lump free.
2. Melt the chocolate in either the microwave or on the stove, taking care not to burn it. Once melted, stir in the mashed avocado, brown sugar, vanilla extract, salt, and 1½ tbsp. of the cocoa powder until thoroughly combined.
3. Place the truffle mixture into the fridge for 30-40 minutes and let cool until partially set.
4. Use a small ice cream scooper or tablespoon to dollop out the truffles and form balls with your hands. Roll in the remaining 1 tbsp. of cocoa powder.
5. Stuff 5 in your mouth.



Quick 10minute Guacamole

Serves 4

Ingredients:

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic

- 1 pinch ground cayenne pepper (optional)
- Olive oil (*optional, depending on taste preference*)

Directions:

1. In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavour, or serve immediately.

Bonus: Avocado Mask for Oily Skin

Ingredients:

- 1/2 fully ripened Haas avocado from Mexico, halved, pitted and peeled
- 1 egg white
- 1 teaspoon lemon juice

Directions:

In blender, combine avocado, egg white and lemon juice; whirl until smooth. Apply evenly to face; leave on 20 minutes, then rinse with warm water.

Avocado Oatmeal Mask for Dry Skin

Ingredients:

- ½ Ripe avocado
- ½ Cup of oatmeal

Directions:

1. Cook the oatmeal as instructed on the package and mash up the avocado flesh with a fork. Mix the two ingredients together and apply the paste to your skin. After 10 – 15 minutes wash it off with lukewarm water and pat your skin dry.



Maria Elizabeth is a weight loss and nutrition expert. She has helped her clients transform their lives into a more healthier and vibrant one. Some of her clients experience weight loss and learn advice that allows them to take control over their health. She is an expert on healthy eating and ways to alkalize your body for optimal healthy and vitality. You can connect with Maria on her [website](#).