



Avocado: The King Of Fitness Fruits. Includes 20 Healthy Recipes

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Are you getting enough of this amazing superfruit? Find out how truly special this fruit is and why it has so many 'adepts' all over the world! This book answers questions such as: - What makes the avocado so healthy? - Is there a 'daily recommended avocado intake'? - How do you choose an avocado? - How do you store an avocado? But thats not all! This book also includes 20 healthy and easy recipes: - Guacamole - Avocado Aioli - Avocado Shrimp Salad - Eggs Baked In Avocados - Avocado Chocolate Pudding - Banana Avocado Smoothie - Avocado, Tomato and Sprout Sandwich - Avocado & Black Bean Salsa - Chicken with Avocado & Pineapple - Grilled Shrimp with Avocado & Mango - Mediterranean Avocado Salad - Mexican Rice with Avocado & Chiles - Avocado Devilled Eggs - Pasta Salad with Avocado garden Veggies - Avocado Ranch Dip - Avocado & Chicken Lettuce Wraps - Avocado Mushroom Burger - Beef Skewers with Avocado Cucumber Salsa - Avocado Key Lime Mousse - Avocado Ice Cream

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