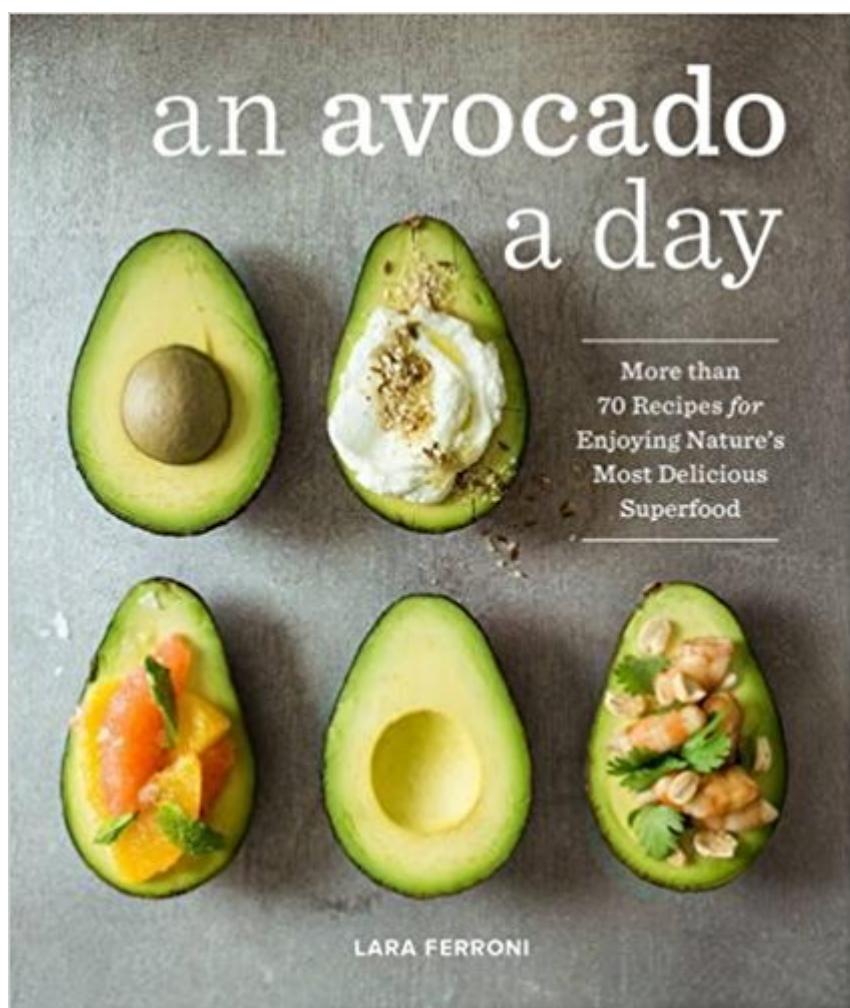


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# An Avocado A Day: More Than 70 Recipes For Enjoying Nature's Most Delicious Superfood



## Synopsis

Go beyond guacamole! Research shows that adding an avocado a day to your diet helps improve your overall health, and this cookbook will show you how to enjoy avocados in 70 delicious and different ways. Even most avocado lovers don't know what to do with them beyond adding a slice or two to a sandwich or mashing one into guacamole. Here are 70 simple and delicious tasty recipes for everything from breakfast to dessert, including Avocado Green Curry Noodles, Tequila, Citrus and Ginger Stuffed Avocados, Avocado Waffles, and Avocado Key Lime Pie. Lara Ferroni educates readers on the various kinds of avocados and how to pick them, store them, and even grow them! Home cooks will learn how to use avocado butter, oil, and honey, and how to incorporate avocados into any every meal of the day.

## Book Information

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## Customer Reviews

"I didn't know the health benefits of the avocado before reading this book." • Eat Your Books "Photographer and plant-based cooking pro Lara Ferroni has come up with more than 70 creative and seriously delicious ways to eat your favorite healthy fat." • Prevention "Packed with new and inventive ways to eat an avocado, it's pretty easy being green." • South Sound Magazine "Incorporate avocados into every meal of the day." • Edible Seattle "To find out exactly how to buy, store, cut, and freeze our favorite fruit, [An Avocado a Day] sets the record straight once and for all." • MyDomaine "Guac is great, but look how much more fun you could be having with this yummy heart-healthy fruit." • Health Magazine "An avocado

cookbook which includes recipes from smoothies to kimchi (yes avocado kimchi) to cakes." •Foodie Baker (blog)"I didn't know the health benefits of the avocado myself before reading this book• Home cooks will learn how to make use avocado butter, oil, and honey, and how to incorporate avocados into more meals." •Eat Your Books"[Ferroni has] worked the green superfood into everything from chocolate chipcookies to pickles to eggless nog." •Seattle Magazine"Ideas to elevate [the avocado], from why-didn't-I-think-of-that combos to unexpected and unusual flavor choices." •NY Metro Parent"What can you do with this green gem besides slicing it for sandwiches, dicing it for salads or mashing it for guacamole? Plenty, as Lara Ferroni will show you." •Redlands Daily Facts"You've nailed a killer guacamole and perfect avo toast. What's next? Find over 70 recipes that creatively use the delicious superfood• from A Green Power Oatmeal to Avocado Waffles• in Lara Ferroni's beautiful book, *An Avocado a Day*." •This Is Story"We all know someone who would appreciate this." •MyRecipes, Well Done"...the good news is that a little avocado can actually go a long way • although, for some, that may lead to concerns about how to store any fruit that didn't make it into that pie or ice cream.Ferroni thinks she has found the solution: freezing avocado, either in cubes or lightly mashed, then defrosting it for later use in baked goods or smoothies.." •The Washington Post"Take inspiration from the• "An Avocado a Day"• cookbook, by Portland resident Lara Ferroni, to work the delicious superfood into your everyday dinner plan." •Seattle Times"• The book is essentially an ode to the amazing superfood, with info on the health benefits, tips on choosing perfectly ripe avocados every time, and 70+ recipes featuring the super-versatile fruit." •3 Magazine "The book is a vast exploration of everything the avocado has to offer, from the guacamole we know and love• along with more than 60 other recipes and uses you might not have expected, like a cocktail or smoothie, or as a substitute for cheese in your mac." •The Inlander

LARA FERRONI is a tech geek turned food geek who spends her days exploring food and cocktail culture. As a writer and photographer, she can be found learning to make kimchi in the back room of a local church, foraging for wild berries or snapping away in some of the finest kitchens and bars. She is the author of five cookbooks, including *Doughnuts*, *An Avocado a Day*, *Real Snacks* and *Put an Egg on It*. •

I'm not one to delve into cookbooks in general, so it is quite something to say that this one has

caught my attention. I've taken it to the grocery store twice now as I've shopped. I've read it in bed for fun. I've tried several of the recipes, from savory to sweet, to refreshing drinks and cocktails, and all turned out great - even in my hands. I think having a high power blender, like a Vitamix, does make a difference. What I love about it:- Simple, easily obtained, ingredients that the author purposely repeats in several quite different recipes so that there's not much waste -- either of your ingredient or cabinet space. Needing to use up an ingredient is also good motivation to try another recipe.- I'm vegetarian and find that I can make nearly every recipe as is, and even the meat or fish dishes have something I can learn from.- It's so creative, and it's beautiful to flip through.- I'm learning other cooking skills ...like how easy it is to make labneh and cashew milk.

I have dozens of cookbooks and this is one I actually use every week! It's great for coming up with healthy, filling recipes that are delicious as well as adding some color to your go to recipes. Lara always puts great conversion tables and definitions in her cookbooks as well which means I reach for this even when I'm not using avocados. This has become my go to housewarming gift and just because for my taco and avocado loving friends.

This is a small but delightful cookbook. If you love avocados and you want ideas on how to use them beyond guacamole and just eating them, this is your book. Great for any diet and usable for vegetarians this book offers avocado in soups, salads as sides and entrees. They can be stuffed sliced roasted toasted and mashed. Every option is included. Best time is when they are in season. And this books smaller size will fit in any size kitchen.

If you like avocado, or are interested in eating more of them for their health benefits, this book has some great recipes and ideas for working them into your menu. The recipe for Avocado Mayonnaise is worth the price of the book, all by itself!

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