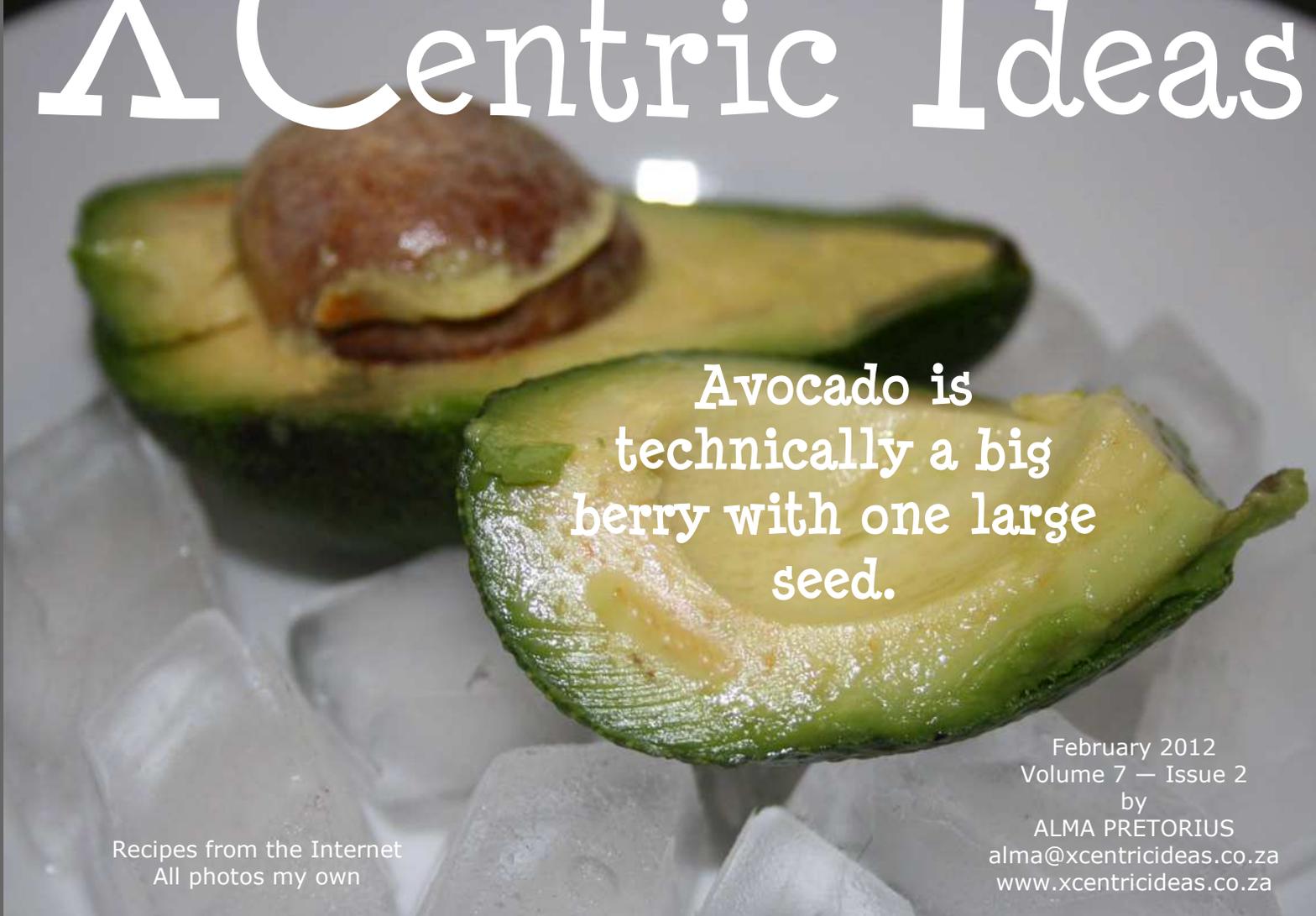


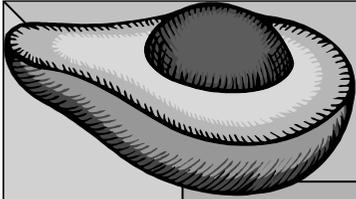
XCentric Ideas



Avocado is
technically a big
berry with one large
seed.

Recipes from the Internet
All photos my own

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Avocado Beauty Uses

Aztec Miracle for Puffy Eyes

This works so well it's almost scary. Just slice a peeled avocado half into quarter-inch crescent-shapes. Lie down with a few slices under each eye and rest for around 20 minutes. You'll love the results!

Easiest Facial Mask Ever

Just mash half an avocado and spread evenly on your clean face. Allow to remain for 15 minutes, then rinse off with warm water. This is best for **dry** skin types.

Shiny Soft Hair Treatment

In a small bowl, mash and combine:

1 avocado (1/2 for shorter hair)

1 egg yolk

1/2 teaspoon olive oil

Apply to hair and allow to remain 30 minutes or longer, then shampoo and condition as usual. Amazingly silky, shiny, soft hair!

Soft, Smooth Hand Trick

This gently exfoliating scrub will make your hands noticeably softer and smoother.

In a small bowl, mash:

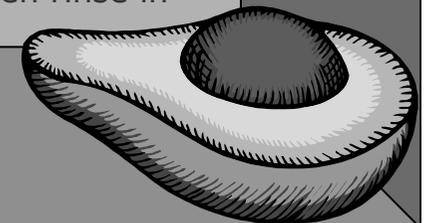
1/4 of a peeled avocado

1 egg white

2 tablespoons oatmeal

1 teaspoon lemon juice

Combine well and apply to your hands. Leave the mixture on for 20 minutes, then rinse in warm water and pat dry.



Avocado & Spinach Pesto



Avocado & Spinach Pesto

1 ripe avocado
1 cup raw baby spinach
½ tbsp olive oil
1 tbsp lemon juice
salt, pepper
chilli flakes, to taste

Mix everything in food processor till finely blended.

Serve as:

a sauce with pasta;
on toast triangles with prawns as a starter;
as a sauce with any meat/chicken/fish dish;
on toast with sliced boiled eggs as breakfast together with bacon;
spruce up your pizza;
as a dip for vegetables and/or breadsticks;
mix pesto with mayo and use on your potatoes.

Avocado Peppadew Bread



Avocado Peppadew Bread

2 cups all-purpose flour (*I used cake flour*)
¾ cup white sugar
1- ½ tsp baking powder
½ tsp baking soda
½ tsp salt
1 x-large egg
½ cup mashed avocado (1 medium avocado)
½ cup buttermilk (*I used Greek thick yoghurt*)
6 peppadews, sliced thinly (optional)
black pepper, to taste
½ tsp dried thyme

Preheat the oven to 190 oC. Generously grease a 9 x 5-inch loaf pan.

Combine the flour, sugar, baking powder, baking soda and salt in a large mixing bowl. Whisk to blend thoroughly.

In a separate bowl, beat together the egg and avocado. Stir in the buttermilk/yoghurt. Add to the dry ingredients and blend well. Stir in the peppadews and season.

Pour into the prepared pan and bake for 50 minutes to 1 hour or until a wooden pick inserted in the centre comes out clean.

Avocado Mayo Potato Salad



Avocado Mayo Potato Salad

potatoes, cubed and cooked till soft
1 avocado
4 tbsp mayonnaise
1 tbsp lemon juice
few drops Tabasco
1 ½ tbsp Greek yoghurt
black pepper, to taste
quail eggs, cooked, quartered (*you can use chicken eggs*)
sliced black olives (*optional*)

Blend the avocado in the processor till smooth. Add the mayo, lemon juice, Tabasco, Greek yoghurt and pepper and process further till very smooth.

Add this avo mixture to your cooked potatoes, stir in the quail eggs and olives, mix carefully and serve hot or cold.

Avocado Mousse



Avocado Mousse

1 avocado
1 cup mayonnaise
1 packet lemon jelly
1 cup boiling water
pepper

Mash up the avocado flesh. Mix the lemon jelly with 1 cup boiling water and stir till dissolved.

Let the jelly set in the fridge halfway. Add the avocado, pepper & mayo, stir everything well, pour into a mould and refrigerate.

Serve with crackers/Melba toast or chips.

Avocado Breakfast Bowl



Avocado Breakfast Bowl

1 avocado
2 eggs
½ cup milk
baby spinach leaves, raw
mushrooms, sliced
sliced black olives
grated cheddar cheese
pepper, salt

In a breakfast bowl, start with a mixture of mushrooms & ½ avocado flesh. Top with olives & cheese.

Then layer with ½ avocado flesh, top with spinach leaves to cover. Beat eggs and milk with fork, add seasonings. Pour over the spinach leaves.

Put a lid on top (or just another plate) and microwave at (High) 100% for 4 minutes (or till its set).

Avocado, Peppadew & Spinach Quiche



Avocado, Peppadew & Spinach Quiche

2 small avocados
3 x-large eggs
½ cup skim milk (any other will do)
2 tightly-packed cups fresh spinach leaves
2 tsp lemon juice
Salt, pepper and chilli flakes to taste
6 peppadews, sliced finely
½ cup fine biltong
½ cup mature cheddar, grated

Preheat oven to 180 oC. Steam the spinach for 1 minute. Scoop avocado flesh out of skin, puree till fine. Add the spinach, lemon juice and seasonings and blend.

Beat the eggs & milk together and add to above mixture. Add the Peppadews, biltong and cheese and mix everything together.

Pour into a greased pie dish and bake for 30 - 35 minutes or till centre has set.

Avocado Chocolate Truffles



Avocado Chocolate Truffles

1/2 cup Purity sweet potato puree
1 large very ripe avocado, peeled and pit removed
1 1/2 tsp pure vanilla extract
1 1/4 cups Nestle cocoa powder
1 3/4 cup icing sugar
1 1/4 cup desiccated coconut

Coconut for rolling

In your food processor or food blender, puree the avocado until a smooth consistency. Add a little bit of the sweet potato puree, to aid the blending process.

Add the rest of the Purity sweet potato puree, vanilla extract, cocoa, icing sugar and coconut into the food blender. Mix until well combined.

If you want to make it easier, put mixture in fridge to firm up. Otherwise, form small balls (it's a bit messy though), roll in coconut and keep in a dish with lid in the fridge.