



blueberry avocado delight

simplicity in a nutritious
breakfast or a delectable dessert

delightful for any time of day

active time/ >10 minutes

total time/ 10 minutes

by-hand preparation /

If including, cut yam into 1 inch cubes and boil in water for 15 minutes or until soft. Once yam is cooked, strain and transfer to a bowl with avocado, lemon juice, and blueberries.

Mash with a potato masher or fork and serve immediately.

Nuts can be coarsely chopped and combined, or added as a topping for some protein.

food processor preparation /

Puree avocado, lemon juice, $\frac{1}{2}$ cup blueberries, and [optional] squash until smooth (or use a hand blender).

Top with remaining blueberries and [optional] nuts and serve immediately.

organic ingredients /

1 avocado, peeled and pitted

1 cup fresh blueberries

juice of $\frac{1}{2}$ lemon

optional additions /

1 sweet potato, baked in the oven or boiled stove-top

$\frac{1}{4}$ cup chopped nuts [such as macadamia or pecans]

NUTRITION FACTS	
Servings: 2	
Amount Per Serving	
Calories: 289	
Total Fat: 10.62g	
Cholesterol: --	
Sodium: 49mg	
Total Carbs: 47.19g	
Dietary Fiber: 10.95g	
Sugars: 17.56g	
Protein: 4.34g	

This nutrition information includes the sweet potato, but does not include the nuts. Try eating with something else raw, such

as celery stick or carrot. Great for a picnic, or a long day at the office, this delight will keep you satiated!