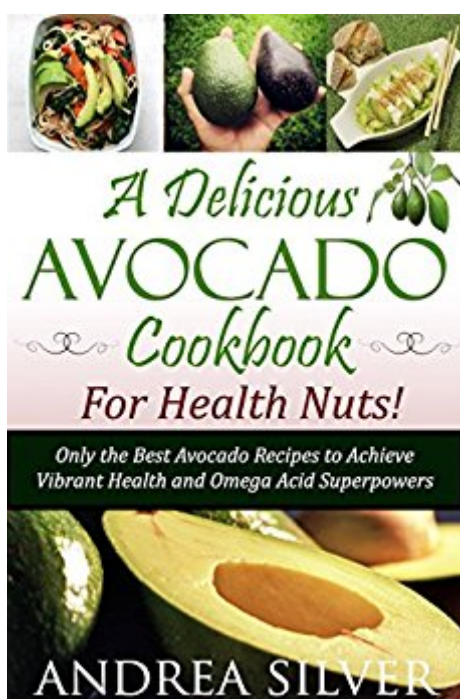


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# A Delicious Avocado Cookbook For Health Nuts!: Only The Best Avocado Recipes To Achieve Vibrant Health And Omega Acid Superpowers (The Health Nut Cooking Collection 1)



## Synopsis

Become a master of the world's most celebrated mushy green fruit! Avocado is one of the most versatile, healthy, yet enigmatic fruits in the world. A native fruit of the Americas, it has been eaten for thousands of years, and is now one of the most popular fruits of California. This cookbook represents the many versatile ways you can prepare avocado, ranging from the savory, to breakfast smoothies, and even the surprising addition of avocado-desserts. It takes a level of skill to master the avocado, and perhaps this cookbook will help you. More than other fruits, it takes timing to ensure your avocado tastes good, as they are a fruit that is easy to become over-ripened. Further, the consistency greatly changes the style of recipes, whether it's chunky or turned into guacamole. Health benefits of the avocado are varied, and include many omega fatty acids that can help ensure the health of your heart. Waking up to an avocado smoothie is also one of the best ways to be ready for the day with plenty of energy. Available on Kindle, paperback, or direct to your web browser. Come join me for your avocado-adventures!

## Book Information

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