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MEDITERRANEAN AVOCADO

Ingredients (serves 4)

- 1-2 ripe avocados
- dash of lemon juice
- 10 sun-dried tomatoes, pepper, salt, tablespoon
- of dried or a handful of fresh Italian herbs
- pinch of ground ginger
- dash of olive oil, Hermanos Catalan
- Amanprana Orac Botanico mix mild

Preparation

Peel and remove the stone from the avocados. Cut them into pieces and mash them into a mousse with a fork. Sprinkle a little lemon juice over the mousse to prevent the fruit going brown (oxidation). Always prepare avocados right before you need them otherwise they will discolour slightly, despite the lemon juice. Then add the ingredients from one of the recipes mentioned overleaf.

Tip

Regular consumption of avocado is particularly beneficial for those who suffer from constipation. The addition of a pinch of ginger makes it a tried-and-tested method of 'educating' the intestines.

Recipe from the cookbook "Weten van (h)eerlijk eten" (Knowing how to eat well) by R.Dijkinga, orthomolecular therapist and naturopath

Gluten free



Vegetarian



Vegan



Raw food

