

Think avocados are fatty? Think again.

The healthy monounsaturated fats in avocados increase endorphin levels in the body, (which are well known for their feel good effects), help in lowering cholesterol, and helping the body to absorb antioxidants necessary to banish coughs and sneezes. They also contain 25 out the 26 known vitamins and minerals.

For a deliciously healthy mealtime this summer, have a go at the recipes below. Avocado is thought to be good for the skin and hair as well as supplying you with the vital vitamins today's modern diet lacks. One step closer to your beach body!

- Avocados contain 12 of the 13 known vitamins, and several minerals
- Half a medium avocado (72 grams) contains just 137 calories, 50% less than a plain bagel
- Gram for gram an avocado contains almost twice the amount of cholesterol-lowering monounsaturated (or 'good') fat as salmon
- Avocados contain 12.5% more potassium than the sportsperson's favourite – bananas
- An avocado makes a mouth-watering 'hero ingredient' in a salad, sandwich or cheese on toast

Avocado and Crispy Bacon Toasts

Ingredients

Serves 2

- 1 Hass avocado
- 4 Rashers of streaky bacon
- 6 Cherry tomatoes
- 2 Slices of granary bread, thickly sliced
- Dried chilli flakes
- 1 lime, juiced

Method

1. Cut the cherry tomatoes into halves and then place on a grill tray along with the bacon.
2. Grill on a high heat for 10 minutes, or until cooked to your liking, making sure that the bacon is turned halfway through.
3. Cut the avocado into halves and remove the stone and then slice into small pieces.
4. Place the avocado in a small bowl and mash with a fork.
5. Add the lime juice, chilli flakes to the avocado and season to taste.
6. Toast the bread.



7. Spread a thick layer of the mashed avocado on top of the toast.
8. Place the bacon and cherry tomatoes on top to serve.

Smoked Salmon and Avocado Terrine

Ingredients

Serves 4

150g Salmon, thinly sliced
100g Goats cheese
3 Hass avocados
3 tbsp chives, chopped
3 tbsp lemon juice
Sunflower oil, for greasing
Sweet chilli sauce
Handful of salad leaves



Method

1. Grease the inside of 4 ramekins and line with cling film.
2. Lay the thinly sliced salmon over the cling film making sure that plenty hangs over the edge of the ramekins.
3. Cut the avocados into halves and remove the stones before slicing into small pieces.
4. Place the avocado, cheese, chives and lemon juice into a small bowl and mix together.
5. Season to taste
6. Spoon to avocado mixture into the ramekins making sure that it is firmly pressed down.
7. Fold over the overlapping salmon and Clingfilm to enclose the avocado mix.
8. Place the ramekins into the fridge for at least 5 hours.
9. Once cooled, remove the terrines from the ramekins and remove the cling film.
10. Place on a plate along with a handful of salad leaves.
11. Serve with the chilli sauce drizzled on the side of the plate.

Avocado Ceviche

Ingredients

Serves 4

250g Skinless plaice fillet
250g Skinless salmon
3 Limes, juiced
1 Hass avocado
1 Shallot
1 Red chilli
Handful of coriander leaves



Method

1. Cut both the salmon and plaice into thin strips and arrange on a large serving plate.
2. Finely slice the shallot and the chilli and place into a small dish.
3. Add the lime juice to the chilli mix and stir together to make the marinade.
4. Pour this over the sliced fish making sure that all of it is covered.
5. Cover the plate and then place in the fridge for 1 hour to marinate.
6. Just before serving add the coriander leaves to the dish.

Avocado and Potato Salad

Ingredients

Serves 4

- 500g New potatoes
- 2 Hass avocados
- 1 Tub of cress
- 3 tbsp Mayonnaise
- 1 Handful of chives, chopped
- 1 Handful of almonds

Method

1. Cut the new potatoes into halves and then boil for 15 minutes or until tender.
2. Once cooked drain the potatoes and place into a bowl, leave to cool then stir into mayonnaise until all covered.
3. Cut the avocados into halves and remove the skin and also the stone.
4. Then cut the avocado into chunks and add to the potatoes.
5. Add the cress, almonds and the chives to the potato mix.
Stir until all the ingredients are covered in the mayonnaise.

