

Avocado Boats

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 4

Serving Size: 1 boat (from ½ an avocado)

Ingredients:

2 ripe avocados
1 tablespoon sesame oil or olive oil
1 tablespoon coconut aminos, gluten free soy sauce, or tamari (optional)
1 tablespoon of sesame seeds or hemp seeds
Dash of salt, pepper, and/or garlic granules
2 tablespoons minced cilantro, basil, or parsley

Directions:

1. Cut the avocados in half and remove the pit.
2. Using a sharp knife, slice the avocados lengthwise into ¼ inch strips, still in the skin.
3. Using a large spoon, carefully scoop out the strips and place them gently onto a small plate.
4. Drizzle the oil and coconut aminos(if using) evenly over each avocado half, then sprinkle with seeds and herbs of choice.

Tips and Tricks:

This is a super fast side dish, here are my favorite combinations:

- Coconut aminos, sesame oil, sesame seeds, & cilantro or basil
- Olive oil, hemp seeds, parsley, garlic granules, & salt

Nutritional Information Per Serving:

Calories: 229.6
Fat: 19.8 g
Cholesterol: 0 mg
Sodium: 354.2 mg
Total Carbohydrate: 13.0 g
Dietary Fiber: 8.8 g
Sugars: 3.8 g
Protein: 4.3 g