

AVOCADO FUDGE

Ingredients:

- 1 avocado, ripened
- ½ cup Cardin
- 1 tsp vanilla
- 1 cup cocoa
- 3 cups icing sugar
- 1/3 cup chopped walnuts or pecans (optional)

Preparation:

Melt the margarine over low heat. Once margarine is melted, puree with avocado in food processor or blender until perfectly smooth. Be sure there are no chunks of avocado left!

Return mixture to saucepan over very low heat and add the rest of the ingredients, except the walnuts, adding the icing sugar a portion at a time.

Once all the sugar has been added, the mixture should be thick. Add walnuts if desired, and transfer to a swiss roll pan. Refrigerate until firm, which may take overnight, before cutting into squares.

Avocado Salad Dressing

1 small avocado
2 Tbs Tofu
1 Tbs olive oil
¼ cup finely sliced spring or red (Spanish) onion,
3 Tbs mild mustard or 1 Tbs English mustard if you enjoy the bite (add more to taste, afterward)
1 clove crushed garlic
3 Tbs fresh lemon juice.

Put avocado in blender, then add tofu and balance of ingredients. Blend until smooth. Enjoy, especially with a salad including baby spinach leaves or pack choy! Also great over steamed cauliflower.

Kiwi Salsa in Avocado halves

1 Tbs maple or agave syrup
The juice of one lime / 1½ Tbs bottled lime juice
1 fresh red chilli, halved, deseeded and chopped fine- or more to taste
2 Tbs finely chopped fresh mint
6 Kiwi fruits, peeled and chopped fine
2 avocados, halved

Mix the syrup, lime juice, chilli, and mint in a bowl and add the kiwi, marinate for 30 minutes before using.

Spoon the kiwi mix into the center of halved avocados, or mix gently into the avocados which have been diced, and serve in lettuce leaves or use as a dressing on a salad.