



Grilled Cherry Guacamole

INGREDIENTS:

Grill Cherry Guacamole

2 Avocados

2 tsp. Olive Oil

2 cups red cherries, pitted

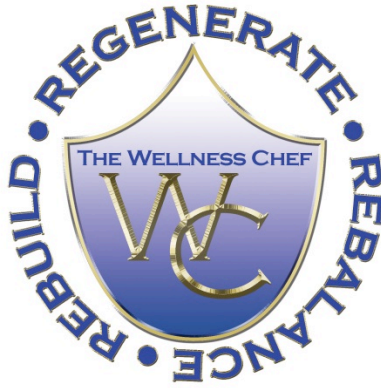
Juice of 1 lime

Sea salt and white pepper to taste

Fresh basil, sliced into ribbons

METHOD:

1. Scoop the avocado from the skin with a spoon, and place into a medium mixing bowl. Mash the avocado with a fork until smooth.
 2. Preheat grill to medium high heat. Place the seeded cherries on a piece of foil and seal. Place the foil with the cherries in the grill and cook for 5-8 minutes. Remove from heat, and let cool. Slice into strips.
 3. Place the rest of the ingredients into the bowl with the avocado and mix to combine.
- * Use as a dip, spread, mixed with grilled vegetables, or serve with your favorite fish and seafood.



Grilled Corn and Pumpkin Guacamole

INGREDIENTS:

3 ears corn, cleaned and washed 2 tbsp. ground

4 avocados

1 cup pumpkin puree

1 red onion, diced fine

1/3 cup fresh cilantro

2 tbsp. ground flax seeds

2 tbsp. orange juice

¼ cup fresh lime juice

2 red bell peppers, diced fine

¼ cup yogurt

METHOD:

1. Heat a grill to medium high heat. Roast the corn on the grill for 10-12 minutes, turning once or twice. Remove from heat and let cool. With a knife, slice the kernels off of the cob and place in a mixing bowl.
2. Remove avocados from the skin, and mash with a fork until smooth. Add to the mixing bowl.
3. Place all other ingredients into the mixing bowl and combine until well coated.



Avocado and Grapefruit Salad

INGREDIENTS:

5 ripe avocados

4 cloves minced garlic

1 tsp. lime zest

2 tbsp. fresh lime juice

½ cup chopped fresh cilantro

1 cup chopped baby spinach

½ cup red onion, finely diced

1 large grapefruit, peeled and segmented

¼ tsp. sea salt

¼ tsp. black pepper (optional)

METHOD:

1. Remove avocados from their skin with a spoon. Chop into large chunks and place in a mixing bowl.
2. Add the rest of the ingredients to the bowl and stir gently to incorporate all ingredients.
3. Cover with wrap and refrigerate. Just prior to serving, let mixture come to room temperature.

* Use as a salad, spread, meat replacement for a sandwich or top your favorite seafood.