



Simple recipes so we can eat well & support local agriculture

Avocado Citrus Salad

YOU'LL NEED

Dressing

- ½ C fresh squeezed orange juice OR favorite brand
- 1 ½ tsp freshly grated ginger
- 1 tbs honey
- 1 ½ tsp sesame oil
- 1/3 C rice wine vinegar
- Pinch of salt and pepper

Salad

- 2 avocados - peel & cube
- 1 C torn greens of your choice
- 2 Persian cucumber - cut into half moons
- 1 orange - peeled & sliced into wedges
- 1 blood orange - optional
- ½ red onion - thin slice
- 1 ½ C cherry tomatoes - halved
- 1 tsp toasted white sesame seeds

ALL YOU HAVE TO DO

- In a medium bowl, whisk together the orange juice, ginger, honey, sesame oil, & rice wine vinegar. Taste & season with salt, pepper, & seasonings of your choice. Set aside.
 - In a large bowl, combine the avocado, cucumber, red onion, orange slices & cherry tomatoes. Drizzle with the dressing you prepared & toss well to combine.
 - Garnish the salad with sesame seeds. Serve & enjoy!
1. You can add a protein if you'd like. Salmon, chicken, or tofu.
 2. Adjust orange juice to accommodate juice from the sliced oranges/blood oranges - you don't want a wet salad!

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Avocado Chocolate Mousse

YOU'LL NEED

- 2-3 Avocados
- 4oz semisweet chocolate or chocolate chips (60% dark) - chopped
- 3 tbs unsweetened cocoa powder OR ¼ C regular cocoa powder
- ¼ C unsweetened almond milk OR milk of your choice
- 1 tsp pure vanilla extract
- 1/8 tsp salt
- ¼ C sweetener of your choice - maple syrup, agave nectar, honey
- Sliced strawberries or fresh fruit for topping - optional

ALL YOU HAVE TO DO

- Place chopped chocolate in a microwave safe bowl, microwave in 15 second periods stirring in-between each one. Watch carefully to not burn your chocolate. When the chocolate is almost fully melted remove from microwave & stir until smooth. Set aside and let cool until barely warm.
- Halve & pit the avocados, scoop them into a food processor/ blender. Add the melted chocolate, cocoa powder, almond milk, vanilla extract, & salt.
- Blend until very smooth & creamy, scrap down the sides as needed. Taste then add sweetener of your choice if you'd like it a little sweeter. Scoop into a glass & top with toppings of your choice like, strawberries, chia seeds, chocolate shavings, whipped cream, or sliced pecans! Enjoy right away or for a thicker mousse consistency refrigerate until the mixture has set 2 hours or overnight.