



Simple | Healthy | Delicious

Turmeric Avocado Fries

INGREDIENTS

2 avocados, ripe and firm
3 tablespoons Nature's Earthly Choice™ Ancient Grain Flour
1 egg, beaten
½ cup breadcrumbs
1 tablespoon turmeric
1 teaspoon black pepper
1 teaspoon oregano
Butter or coconut oil for greasing



DIRECTIONS:

1. Pre-heat oven to 450 degrees Fahrenheit. Prepare the flour, egg, and breadcrumbs into three separate containers. To the breadcrumbs, add the turmeric, pepper, and oregano. Mix well.
2. Cut each avocado in half and remove the pit. Using a spoon, carefully scoop out each half while keeping it intact. Slice each half into 3 to 4 strips.
3. Coat each strip with flour. Dunk into the egg, then cover with breadcrumbs. Place on a greased baking sheet. Repeat this order with the remaining avocado.
4. Bake for 15 minutes, flipping halfway. Serve warm with ketchup, honey mustard, or spicy mayo.