

# Alternatives to Using Avacados



## Cashew Nut Butter

Contains healthy fats and a creamy consistency similar to avocados.



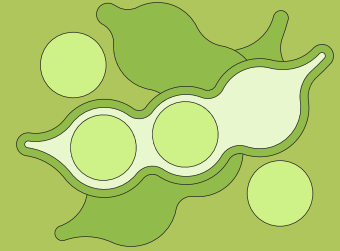
## Cream Cheese

Use half as much cream cheese as the amount of avocado called for in the recipe.



## Chia Seeds

Contains similar health benefits to avocado. Has omega-3 fats, high in fibre and protein.



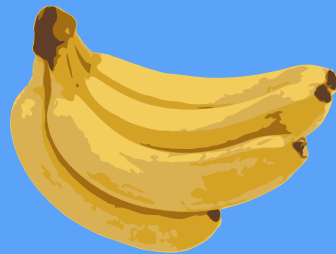
## Edamame

Can be cooked and then puréed, add garlic, cilantro, lime juice, diced tomato and olive oil to make guac.



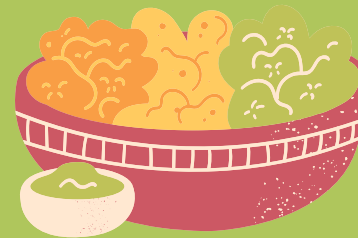
## Pesto

Keeps the green color and can give you the same consistency as avocados. It contains pine nuts and plenty of health benefits



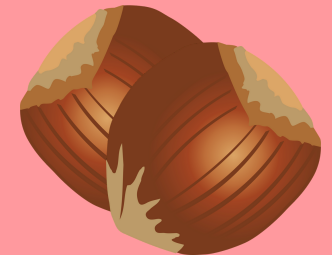
## Bananas

For smoothies and desserts, bananas can replace avocados. Contains the same texture and creamy taste-- just be aware it will contain extra sweetness



## Hummus

When it comes to dipping and toast, hummus is great! It's packed with healthy fats and vitamins and can be made at home



## Macadamia Nut Butter

Rich in protein and delicious! Can be used as a straight swap, spread, ingredient or dip!