



🕒 Approximately **30 min**

🔥 **573** kcal p.p.

👤 **2** persons

WHAT YOU NEED

- Avocado: 2 pcs
- A package of baby spinach: 1 pcs
- Peaches: 3 pcs
- Apples: 2 pcs
- Red bell pepper: 2 pcs
- Chives: 10 g
- A bunch of radishes: 1 pcs

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Lemon juice
- Coconut oil

ALLERGENS

FRUITY STUFFED AVOCADO

INSTRUCTIONS

- Clean the baby spinach. Wash, core and cube the apples, the peaches and the red bell pepper. Clean the radishes and thinly slice them. Wash and chop the chives. Combine all prepared ingredients in a big bowl. Add some lemon juice and coconut oil to the mixture as a dressing. Season to taste with freshly ground pepper.
- Cut the avocados in half and remove the pit. If the hole left by the pit is very small, you may wish to scoop out a bit of the flesh to make room for the filling. Drizzle the avocado with lemon juice to prevent discoloring.

SERVINGS

- Arrange the avocado halves onto plates and stuff with the spinach mixture.