

Fresh Avocado Frites

Ingredients

1-2 firm avocados, sliced
1/3 cup almond flour
½ cup fresh parmesan cheese, crumbled
2 eggs
½ tsp salt
½ tsp pepper

Optional Ingredients

1 tsp turmeric
2-3 garlic cloves

Directions

1. Preheat oven to 375F
2. Take your firm, not hard, avocados and carefully remove the skin and pit
3. Slice avocado carefully into thin strips
4. In a small bowl beat together eggs, salt and pepper and any option ingredients you wish to add
5. In a separate bowl combine almond flour and parmesan cheese, mix well
6. Pour out almond cheese mix into a long dish
7. Dunk your avocado into egg mixture ensuring to coat all sides
8. Carefully roll your avocado slices in the almond flour mix until well coated
9. Place your newly coated avocado fries onto a baking sheet lined with parchment paper
10. Bake fries for 15 minutes or until sides have turned a golden brown
11. Allow to cool for 2-3 minutes before eating
12. Enjoy!