

TOP TIP

Ways to enjoy avocado:

- Smashed avo on toast, with the zing of lemon, chilli and fresh coriander.
- Combine avo with berries, banana and granola to make a delicious smoothie.
- Slice avocado onto a slice of seed bread with roasted tomato and feta.
- Add avocado to an omelette or creamy scrambled eggs.

TRY ME!



FOR FREE DIETARY ADVICE,

contact the Pick n Pay dietitian at healthhotline@pnp.co.za