



Avocado

Avocado's reputation is primarily backed by its high content of healthy fats, fibre, potassium and for the fact that it is nutrient-dense.

This makes it to be a great snack, as well as a key ingredient in recipes.

Store:

- If unripe, the best place for whole avocados is layed out on the counter. They should not touch each other as to avoid bruising.
- They last up to 5 days here.
- If already ripe, it is best to use them as soon as possible. That said, if now isn't the best time for you, place them in the salad drawer of the fridge to prolong their shelf life for a little longer
- At this point, they should be used between 1-3 days

Freeze:

- First pit and peel the avocado before either slicing or dicing
- Then, coat with lemon juice to prevent browning
- Lay all the pieces spaced-out on a baking tray to flash freeze for 1 to 2 hours until solid
- Lastly, transfer to a freezer bag or container

Bumps

It may be surprising to hear, but light to medium dark brown spots from bumps are safe to consume, although their taste and texture are not always appealing.

However, it is important to distinguish these from brown spots that show spoilage. These spots are darker, ranging from dark brown to black.

The best way to check is removing affected areas to check the texture, firmness and colour of the rest of the fruit.



Video Links