

RECIPE | BERRIES



STRAWBERRY AVOCADO BOATS



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INGREDIENTS

- 12 oz Pure Flavor® Sweet Blooms® Strawberries, diced
- 4 ripe avocados
- 1 15 oz can chickpeas
- ½ cup cilantro, chopped
- 1 medium lime, juice and zest
- ½ small red onion, diced
- 1 tbsp olive oil
- 1 tsp maple syrup
- ½ tsp cumin
- ½ tsp garlic powder
- ½ tsp chili powder
- salt to taste



DIRECTIONS

- 1 In a large bowl add the strawberries, cilantro and red onion. Add in the lime juice, zest, maple syrup and salt. Toss to combine. Taste and adjust the seasonings. Allow salsa to marinate for at least 30 minutes.
- 2 Add chickpeas to a saucepan with oil and season with cumin, garlic powder and chili powder. Add a pinch of salt. Cook for 10 minutes, until chickpeas are lightly browned and cracked.
- 3 Halve the avocados and remove pits. Fill the middle with the chickpea mixture and top with the strawberry salsa. To serve, garnish with more cilantro and lime.



40 min

30 min
PREP.

10 min
COOKING



4



easy