

Food Babe's Coconut Avocado Fries



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	10 mins	15 mins	2

<https://foodbabe.com/coconut-avocado-fries>

Ingredients:

- 1 avocado, peeled and pitted
- ½ cup breadcrumbs
- ¼ cup unsweetened coconut flakes
- 1 pinch sea salt
- 1 pinch fresh ground pepper

Instructions:

1. Preheat the oven to 375° F.
2. Cut the avocado into thick slices. Set aside.
3. In a bowl, add the breadcrumbs, coconut flakes and a pinch of salt and pepper. Mix to combine.
4. Place the avocado slices into the breadcrumb mix and roll to full coat.
5. Place the avocado slices on a baking sheet and bake for 8-10 minutes.
6. Serve with a dipping sauce of choice or eat them as they are. Enjoy!

Notes:

- Please choose all organic ingredients if possible.