

Healthy Avocado Snack

Swick

Serves 1 | Active Time: 5 minutes | Total Time: 5 minutes

Step 1: Making the Sauce

- 2 tbsp Dijon mustard
- 4 tbsp extra-virgin olive oil
- sea salt (to taste)
- freshly ground black pepper (to taste)

Mix together all of the ingredients and whisk to emulsify.

Step 2: Slicing the Avocado

- 1 large ripe avocado

Just before serving, slice the avocado in half and remove the pit or seed.

Step 3: Filling and Eating

Take one half of the avocado and fill the center with half of the vinaigrette. Same thing for the other side.

Serve one half to yourself and one half to someone you love!

As you eat the avocado, scoop out just a bit of the vinaigrette with each bite.