



Ashley's Meal Prep Monday!

Freezing Avocados



INGREDIENTS

Avocados

As many as you want to mash up!



A listener sent in a meme she saw online and thought I should give it a try and see if it actually works. If you're like me, you get frustrated easily when you've missed your window of opportunity with a ripe avocado. SO, we're going to freeze them!

Line a baking sheet with tin foil. Mash up your avocados and use a cookie scoop to make balls and place on tin foil. Place in the freezer until they set up firm. After a few hours, put them into a ziploc bag. Take one out when you're ready to indulge.

They shouldn't brown and you shouldn't have to throw them away because they're past their prime. They also thaw pretty great too!!

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MARKET