



How To Cut, Seed And Peel



1. Rinse avocados under running water or in your selected produce wash.



2. Cut the avocado lengthwise.



3. Twist the halves apart.



4. Tap the sharp edge of a knife into the seed. Twist and lift out the seed...



or slip a spoon between the seed and the fruit and work the seed out.



5. Scoop the fruit away from the peel with a spoon.