Cool & Creamy Avocado Pita  
_Yield: 1 sandwich_

**Ingredients:**

- 1 Whole wheat pita
- 2 Tbs Creamy Avocado Spread (see recipe)
- 1 Tbs Copped Cucumber
- 1 Tbs Corn Kernels
- 1 Tsp Finely Shredded Kale
- 1 Tsp Shredded Mozzarella Cheese

**Directions:**

1. Cut pita in half and open each half so you have pockets.
2. In a bowl combine the rest of the ingredients.
3. Stuff each pocket with the mix and enjoy.

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Creamy Avocado Spread/Dip  _Yield: About 1 cup_

Works great at a spread for sandwiches or crackers, a dip for veggie sticks, or as a topping/condiment.

**Ingredients:**

- ½ Avocado-rough mashed
- 3 Tbs low fat plain yogurt
- 1 clove garlic-grated
- 1 Tbs onion-grated
- 2 Tbs celery-gated
- 1 Tbs cilantro-chopped
- 1 tsp Lime juice
- ½ tsp salt
- *Optional: 1 tsp flax seed meal*

Roughly mash the half of avocado so it’s still nice and chunky and mix in the rest of the ingredients.