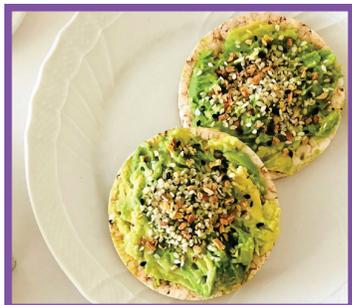


AVOCADO RICE CAKES W/ SEAWEED SESAME SPRINKLE



INGREDIENTS:

- 5 avocados
- 1 package brown rice cakes
- Juice of one lime
- Seaweed sesame sprinkle

INSTRUCTIONS:

1. Carefully slice the avocados in half lengthwise and remove the pits.
2. Using a spoon, scoop the green flesh out of the skin and into a medium-sized bowl. Add lime juice and mash with a fork.
3. Assemble by arranging the brown rice cakes on a tray. Scoop mashed avocado onto each one.
4. To finish, sprinkle a small amount of the seaweed sesame sprinkle on top of each rice cake. Adjust to taste.
5. Eat and enjoy!

Yield: 20 tastings

Source: Adapted from redrecipe.com

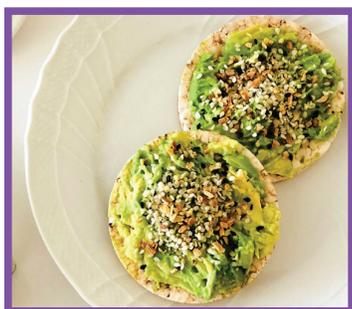
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