



JO FEATHERS

# HEALTHY (*ISH*) RECIPES

EVERYTHING AVO

3 of 12

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# ABOUT JO

Remember the last time you were scrolling through Instagram and saw an amazing dish? You probably went straight to Google to find the recipe and almost immediately become overwhelmed with the extensive ingredient list.

We've all been there, but it doesn't have to be so intimidating...all you need are the basics. My books outline simple, but healthy(ish), recipes for awesome meals anyone can make no matter your skill level!



For as long as I can remember I've been helping, prepping or cooking in the kitchen. I could say I have a passion for cooking, but I think it all boils down to a need to create and cater to others.

My food is a reflection of me. My flavors are sweet, spicy and just as loud as my personality. When you're in my kitchen you can expect the unexpected and an unforgettable experience.

This is true in all aspects of my life and especially when it comes to being a Realtor. Whether you're looking to lease, purchase or sell, I make it my priority to provide you with an experience beyond the sale. If you, friends, or family are moving, or thinking about moving, contact me for all your real estate needs.

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# AVO EGG BAKE

Prep: 10 MINUTES / Cook: 20 MINUTES / Yield: 2 SERVINGS



# AVO EGG BAKE

194 CAL PER SERVING

## INGREDIENTS

1 AVOCADO  
2 LARGE EGGS  
SALT & PEPPER TO TASTE

## OPTIONAL TOPPINGS

CHEESE  
CILANTRO  
CHIVES

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## COOKING INSTRUCTIONS

Heat the oven to 425°

Slice the avocados in half, lengthwise and remove the pit.

Scoop out about 1.5 tbsp of avocado to create a larger hole for the egg to sit.

Some egg white may spill out, to worries, just keep the yoke centered.

Place the avocado halves in a baking dish and crack one egg into each half.

Bake 15 - 20 minutes.

Egg white should be fully cooked and the runny yolk in the center should shake when you move it.

Sprinkle with salt and pepper and any additional toppings.

Enjoy and serve!

# AVO TOAST

Prep: 10 MINUTES / Cook: 5 MINUTES / Yield: 1 SERVINGS



# AVO TOAST

190 CAL PER SERVING

*(LEAVE OUT GOAT CHEESE/BUTTER FOR V & HEALTHIER OPTION)*

## INGREDIENTS

1 SLICE SOURDOUGH BREAD  
1 AVOCADO  
1 SQUEEZE LEMON JUICE

## TOPPINGS

PUMPKIN SEEDS  
SUNFLOWER SEEDS  
1 TBSP GOAT CHEESE  
DRIZZLE BALSAMIC GLAZE

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## COOKING INSTRUCTIONS

In a small bowl combine avocado, lemon juice, salt, and pepper.

Gently mash with a fork.

Toast bread and top with mashed avocado mixture.

Drizzle with balsamic glaze and sprinkle over desired toppings.

# GUACAMOLE

Prep: 10 MINUTES / Cook: 5 MINUTES / Yield: 3 SERVINGS





# GUACAMOLE

140 CAL PER SERVING

## INGREDIENTS

2 LARGE AVOCADOS

1.5 TSP GARLIC POWDER

½ LARGE LIME OR 1 FULL SMALL LIME

SALT & PEPPER TO TASTE

5 CHOPPED CHERUB TOMATOES

¼ CUP CHOPPED CILANTRO

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## COOKING INSTRUCTIONS

CUT AVOCADOS TOP TO BOTTOM AND TWIST IN HALF AND DISCARD THE PIT.

SPOON OUT ALL AVOCADO INTO A MEDIUM SIZED BOWL.

SQUEEZE LIME INTO AVOCADO AND ADD THE GARLIC, SALT AND PEPPER.

USING A FORK MASH THE AVOCADO AND STIR ALL INGREDIENTS TOGETHER.  
*(MASH LESS FOR CHUNKIER GUAC)*

GUACAMOLE IS BEST MADE AND EATEN RIGHT AWAY, SERVE AND ENJOY!

# AVO MOUSSE

Prep: 15 MINUTES / Cook: 10 MINUTES / Yield: 4 SERVINGS



# AVO MOUSSE

200 CAL PER SERVING

## INGREDIENTS

2 AVOCADOS, RIPE

1 TSP VANILLA EXTRACT

¼ CUP CACAO NIBS OR CHOCOLATE CHIPS

⅓ CUP CACAO POWDER, RAW

3 TBSP ALMOND MILK

⅓ CUP MAPLE SYRUP

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## COOKING INSTRUCTIONS

Halve the avocados and scoop the flesh into a food processor or blender.

Add all remaining ingredients.

You can choose to melt the choc chips before adding to processor for a smoother texture.

I like the tiny crunchy bits so I leave mine uncooked.

Mix for 2-3 minutes or until smooth.

Taste and adjust with extra maple syrup or other sweetener if needed.

Spoon the avocado chocolate mousse into a bowl or glass.

Refrigerate for at least 30 minutes before serving.

**RECREATE A RECIPE AND SEND  
ME A PIC FOR A FEATURE!**

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