



## Everything Nut Crumbs Avocado Wedge "Fries"

YUM! Who knew that an air fried avocado coated in Farm Fresh Nut Crumbs would be so delicious? These are relatively easy and super quick to make. They also make the perfect snack.

### Ingredients:

1 avocado  
1/4 c. almond milk

1 egg

1/2 c. Farm Fresh Nut Crumbs (see recipe below)

The hardest part about this recipe is working with the actual avocado because they tend to be slippery. We found that a fork and our fingers (with a light touch) were our best friend.

Start with a ripe avocado, but not overly ripe. It needs to be firm enough so that it won't mush in your hands.

Using a sharp knife, slice the avocado open in half long ways. Remove the pit using the knife (basically stab and twist). Slice the avocado long ways into the perfect size wedges.

Whisk together almond milk and an egg in a small bowl.

Pour Everything Nut Crumbs out onto a plate.

Using a spoon, spoon out entire half of the avocado in one swoop. Drop the whole piece directly into the milk mixture. It's important to handle the avocado as little as possible! Repeat this same step for the second half of the avocado.

Now using the knife, you may have to separate the slices in the milk mixture so that you can fully coat every single wedge in the egg wash. Once all the pieces are separated you carefully take out each piece with your fingers and drop in the crumbs. Carefully roll so that the whole wedge is fully coated.

If you are baking these, line a baking sheet with parchment paper.

If you are air frying these, spray the bottom of the basket with avocado oil.

### Farm Fresh Nut Crumble Coating

The perfect mix of pistachios, cashews, and almonds blended with everything (like the bagel) seasoning.

Crumble Coating

1 cup Farm Fresh Nut Dry Roasted Shelled Pistachio Kernels Unsalted  
1 cup Farm Fresh Nut Dry Roasted Almonds Unsalted  
1 cup Farm Fresh Nuts Oven Dry Roasted Cashews Unsalted  
½ cup everything seasoning (see recipe below)

#### Everything Seasoning

1/4 cup sesame seeds  
1/4 cup poppy seeds  
3 tablespoons dried onion flakes  
3 tablespoons dried garlic flakes  
2 tablespoons coarse sea salt

Once each piece is coated transfer directly to either the baking sheet or the air fry basket.  
Remember we want to handle these as little as possible so that you don't lose crumbs!

Now it's time to cook! We air fried ours at 400 degrees for 5 minutes. You can also bake them in a 400 degree oven for about 7 minutes.

Serve up with your favorite dipping sauce and enjoy!