

AVOCADO CRUNCH

- 2 avocados
- ¼ cup sunflower seeds
- 1 teaspoon lemon or lime juice
- ⅛ teaspoon salt

1. Cut avocados in half, remove pits, and scoop out of peel.
2. In a large bowl, mash avocados. Add remaining ingredients and mix well.
3. Spread mixtures onto whole wheat crackers and serve.

Recipe adapted from *Cooking Matters for Kids*.

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