

Avocado Fries with Chipotle Dip



Serves 9

Preparation

1. For the avocado fries: Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Prepare three bowls: one filled with cornstarch, the second with dairy-free milk and the third with panko breadcrumbs. This is your breading station.
3. Cut each avocado in half lengthwise and remove the pit. Cut each half into three equal parts and remove the

Ingredients

- 3 semi-firm avocados
- ½ c. cornstarch
- ¾ c. dairy-free milk (such as almond milk)
- 1 c. panko breading
- ½ tsp. Mexican chipotle spice
- Salt
- ¼ c. vegan mayo
- ½ tsp. Mexican chipotle spice
- 1 tsp. Mexican hot sauce

Credit

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