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Prevent and Protect
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SANDWICH SPREADS

WholeLiving.com

MASHED AVOCADO

Makes 2 Tablespoons

Mash $\frac{1}{4}$ avocado with 1 teaspoon of olive oil, and the juice of 1 lemon wedge. Season with salt and ground black pepper.

HUMMUS WITH CHILE

Makes 2 $\frac{1}{2}$ Tablespoons

Mix 2 tablespoons hummus with 1 teaspoon olive oil and a pinch of red pepper flakes. Season with salt and ground black pepper.

YOGURT HERB SPREAD

Makes $\frac{1}{2}$ cup

Mix $\frac{1}{2}$ cup of 2% Greek yogurt, 1 tablespoon each of chopped fresh mint and parsley, and 1 clove of minced garlic in a bowl. Season with salt and ground black pepper.

WALNUT PARSLEY PESTO

Makes $\frac{1}{2}$ cup

Process 1 cup packed fresh flat-leaf parsley, 2 tablespoons toasted walnuts, 2 tablespoons grated Parmesan, 1 clove chopped garlic, and 1 tablespoon lemon juice in a food processor. With machine running, gradually add 2 tablespoons of olive oil and process until smooth. Season with salt and ground black pepper.