

# Featured California Avocado Recipes

The California Avocado Commission's December 2024 website blog and consumer email newsletter reflected on the most loved (visited) California avocado recipes in 2024. These recipes highlighted California avocado fans' cravings for classics with a twist. The most popular recipes of the year range from a delicious grilled cheese sandwich to devour by oneself to a delectable guacamole to share with a group – all elevated by the addition of locally grown, sustainably farmed California avocados. The blog and email helped build anticipation for the 2025 California avocado season, suggesting that consumers use these favorite recipes to daydream of the creamy, fresh California avocados that will be in store for them soon.



You can scan the QR code to the left to check out the five fan favorite recipes for the year. The first, *Avocado Bacon Grilled Cheese Sandwich*, was featured in the 2024 summer edition of *From the Grove* magazine. It received approximately 24,000 pins on the social media platform Pinterest and was viewed more than one million times. CAC's *Best Guacamole Ever* recipe also has been viewed more than one million times. A vintage Commission recipe, *California Avocado Milk Shake*, made its way to the top five recipes this year as did the simple recipe for *California Avocado Breakfast Bagel*. The final California avocado recipe in the 2024 top five most-viewed is featured below. 🥑

## California Avocado Toast with Goat Cheese

California avocados might be part of your normal toast topping routine, but this recipe goes the distance by using herbed goat cheese and a sprinkle of roasted sunflower seeds for a perfect finishing touch.

**Serves:** 1

**Time:** 5 minutes

### Ingredients

- 1 slice thick-cut, crusty sourdough bread
- 1 tsp. olive oil
- 1/4 ripe, Fresh California Avocado, seeded, peeled and mashed
- Sea salt to taste, optional
- 1 oz. herbed goat cheese, pinched into small pieces
- Fresh cracked pepper to taste
- 1 Tbsp. roasted sunflower seeds or chopped walnuts (optional)

### Instructions

1. Preheat toaster oven or oven to 425° F.
2. Spread olive oil on top side of bread, then place on rack in the toaster oven or oven and toast until golden brown.
3. Remove from oven and put on a plate.
4. Combine avocado and sea salt if using, then spread onto the top side of toast.
5. Place goat cheese pieces over the avocado, top with cracked pepper and sunflower seeds; serve immediately.

### Variations:

Add fruit or veggies such as sliced tomatoes or arugula.

Turn into an open-faced sandwich by topping with your choice of meats and veggies.

**Serving Suggestion:** Serve with fresh figs or sliced apples.

**Beverage Pairing:** Hot or iced green tea.



Growers: please call 949.341.955 if you have a California avocado recipe to share in CAC marketing communications. In 2024 not one California avocado grower volunteered. Will you make a difference in 2025?