

Avocado Seed Flour

inggridients :

1. 25 Avocado seed medium size
2. 2L Water

Equipment :

1. Stove
2. Oven
3. Food Procesor
4. strainer for flour

How To Make :

1. Clean the avocado seed with water and then we cut into a small pieces so the dry process can be more faster
2. After the avocado seed has been cut, now boil the water and input the avocado seed so the bitter of the avocado seed can dissapear, for 10 up to 15 minutes
3. After boil then dry it up with oven with 90 degree celcius for 5-8 hour depends on the wetness of the avocado seed.
4. After the avocado seed has been dried, input the dry avocado seed into food processor so the avocado seed can become powder
5. After the avocado seed become a powder strain it so we can get the fine texture
6. And the you all ready have the avocado seed powder

