

## REFRENCE

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## **APPENDIX**

**RB  
Avocado**

## **Avocado Seed Flour (Tepung Biji Alpukat)**

**Name : Richard Benedict C.B**

### **Ingredients**

- 25 avocado seeds

### **How to make :**

- Rinse avocado seeds then slice into small pieces
- To remove bitter taste on avocado seeds, boil avocado seeds in boiling water for 10- 15 minutes.
- Sun dry avocado seeds for 5-6 days under the hot sun  
Puree the seeds of dried avocados using a blender until smooth and into powder or flour. Avocado seed flour has been completed we make.

