



## National Avocado Day

Celebrating Creamy Goodness, Healthy Living, and Everyone's Favorite Green Fruit

(Find this design on over 20 products in our 38 Hertz Zazzle Store!)

### Celebrate Avocados By The Calendar

-  January 2 – National Buffet Day
-  January 26 – National Green Juice Day
-  April 4 – National Vitamin C Day
-  June 16 – Fresh Veggies Day
-  June 11 – National Corn On The Cob Day
-  June 17 – Eat Your Vegetables Day
-  July 1 – International Fruit Day
-  July 31 – National Avocado Day
-  September 16 – National Guacamole Day
-  October 1 – World Vegetarian Day

1. **Avocado Toast:** A classic breakfast or snack option featuring mashed avocado on toasted bread.
2. **Guacamole:** A flavorful dip made with mashed avocados, tomatoes, onions, lime juice, and cilantro.
3. **Avocado Salad:** A refreshing salad featuring sliced avocados, mixed greens, tomatoes, and a vinaigrette dressing.
4. **Avocado Smoothie:** A creamy and nutritious beverage made with avocados, bananas, spinach, and almond milk.
5. **Avocado Sushi Roll:** A sushi roll filled with avocado slices, cucumber, and other ingredients, wrapped in seaweed and rice.
6. **Avocado Pasta:** A creamy pasta dish made with mashed avocados, garlic, lemon juice, and olive oil.
7. **Avocado Egg Salad:** A protein-packed salad made with chopped hard-boiled eggs, diced avocados, mayonnaise, and seasonings.

8. **Avocado Soup:** A chilled soup featuring avocados blended with cucumber, yogurt, lime juice, and herbs.
9. **Avocado Stuffed Chicken:** Chicken breasts stuffed with a mixture of mashed avocado, cheese, and herbs, then baked until golden and tender.
10. **Avocado Tacos:** Soft tortillas filled with sliced avocados, grilled veggies, beans, and salsa.
11. **Avocado Fries:** Sliced avocados coated in breadcrumbs and baked or fried until crispy and golden brown.
12. **Avocado Bruschetta:** Toasted bread topped with mashed avocado, diced tomatoes, basil, and balsamic glaze.
13. **Avocado Quesadillas:** Flour tortillas filled with mashed avocados, cheese, and other toppings, then grilled until crispy and melty.
14. **Avocado BLT Sandwich:** A classic BLT sandwich with the addition of sliced avocados for extra creaminess and flavor.
15. **Avocado Stuffed Mushrooms:** Mushrooms filled with a mixture of mashed avocados, garlic, breadcrumbs, and cheese, then baked until bubbly.
16. **Avocado Rice Bowl:** A hearty bowl featuring cooked rice topped with sliced avocados, grilled veggies, protein of choice, and a drizzle of sauce.
17. **Avocado Caesar Salad:** A twist on the classic Caesar salad with sliced avocados added for richness and creaminess.
18. **Avocado and Shrimp Ceviche:** A refreshing seafood dish made with marinated shrimp, diced avocados, tomatoes, onions, and lime juice.
19. **Avocado and Bacon Wrap:** Flour tortillas filled with sliced avocados, crispy bacon, lettuce, and ranch dressing, then rolled up and sliced into wraps.
20. **Avocado Pesto Pasta:** A vibrant green pasta dish made with avocado-based pesto sauce, cherry tomatoes, and Parmesan cheese.
21. **Avocado Deviled Eggs:** Hard-boiled eggs filled with a creamy mixture of mashed avocados, mustard, and spices, topped with paprika.
22. **Avocado Caprese Salad:** A twist on the classic Caprese salad with sliced avocados, tomatoes, fresh mozzarella, basil, and balsamic glaze.
23. **Avocado Spring Rolls:** Rice paper rolls filled with sliced avocados, shredded veggies, tofu or shrimp, and vermicelli noodles, served with a dipping sauce.
24. **Avocado and Black Bean Wrap:** Flour tortillas filled with mashed avocados, black beans, corn, salsa, and cilantro, then rolled up and sliced into wraps.
25. **Avocado Chocolate Mousse:** A decadent dessert made with ripe avocados, cocoa powder, sweetener, and vanilla extract, blended until smooth and creamy.
26. **Avocado Tasting Party:** Host a tasting party featuring various avocado dishes and recipes.
27. **Guacamole Making Contest:** Organize a friendly competition to see who can make the best guacamole.
28. **Avocado Farm Tour:** Visit a local avocado farm to learn about avocado cultivation and harvesting.
29. **Avocado Cooking Class:** Attend a cooking class focused on preparing different avocado dishes.
30. **Avocado Face Mask Spa Day:** Treat yourself to a DIY avocado face mask for a relaxing spa day at home.

31. **Avocado Art Workshop:** Join an art workshop where you can create avocado-themed paintings or crafts.
32. **Avocado Toast Brunch:** Invite friends over for a brunch featuring an avocado toast bar with various toppings.
33. **Avocado Tree Planting:** Dedicate the day to planting avocado trees in your garden or community.
34. **Avocado-themed Potluck:** Host a potluck dinner where guests bring dishes made with avocados.
35. **Avocado-themed Movie Night:** Watch movies with avocado references while enjoying avocado snacks.
36. **Avocado Recipe Exchange:** Organize a recipe exchange where participants share their favorite avocado recipes.
37. **Avocado Dessert Party:** Indulge in avocado-themed desserts like avocado ice cream, avocado pudding, and avocado brownies.
38. **Avocado DIY Candle Making:** Make homemade candles using avocado-shaped molds and scented wax.
39. **Avocado Cocktail Hour:** Experiment with avocado-infused cocktails and mocktails.
40. **Avocado Picnic in the Park:** Pack a picnic basket with avocado sandwiches, salads, and snacks for a day at the park.
41. **Avocado-themed Trivia Night:** Test your knowledge with avocado-themed trivia questions and quizzes.
42. **Avocado Recipe Challenge:** Challenge yourself to create new and innovative avocado recipes.
43. **Avocado Yoga Session:** Practice yoga outdoors surrounded by avocado trees or indoors with avocado-themed yoga accessories.
44. **Avocado Plant-based Cooking Class:** Learn how to cook delicious plant-based meals using avocados as the main ingredient.
45. **Avocado Recipe Swap Party:** Gather with friends to exchange avocado recipes and cooking tips.
46. **Avocado-themed Game Night:** Play board games or card games with avocado-themed elements or snacks.
47. **Avocado Farmers Market Tour:** Explore your local farmers market to discover fresh avocados and other produce.
48. **Avocado-themed Picnic at the Beach:** Enjoy a day at the beach with a picnic featuring avocado sandwiches, wraps, and salads.
49. **Avocado Painting Party:** Get creative with avocado-inspired painting sessions with friends.
50. **Avocado Charity Bake Sale:** Bake and sell avocado-themed treats to raise funds for a charity or cause.
51. **Avocado Face Mask:** Create a nourishing face mask using mashed avocado, honey, and yogurt.
52. **Avocado Hair Mask:** Make a hydrating hair mask with avocado, coconut oil, and egg yolk.
53. **Avocado Body Scrub:** Prepare a luxurious body scrub using mashed avocado, brown sugar, and olive oil.

54. **Avocado Hand Cream:** Whip up a moisturizing hand cream with avocado, shea butter, and almond oil.
55. **Avocado Lip Balm:** Craft a soothing lip balm using avocado oil, beeswax, and essential oils.
56. **Avocado Eye Cream:** Mix avocado, aloe vera gel, and vitamin E oil to create a hydrating eye cream.
57. **Avocado Foot Soak:** Treat your feet to a relaxing foot soak with mashed avocado, Epsom salt, and lavender oil.
58. **Avocado Bath Bombs:** Make aromatic bath bombs using avocado oil, baking soda, and citric acid.
59. **Avocado Massage Oil:** Blend avocado oil with jojoba oil and lavender essential oil for a calming massage oil.
60. **Avocado Healing Salve:** Combine avocado butter, beeswax, and calendula oil to make a soothing healing salve.
61. **Avocado Detox Bath:** Add mashed avocado, sea salt, and bentonite clay to your bath for a detoxifying soak.
62. **Avocado Aromatherapy Candle:** Infuse avocado oil into homemade candles for a calming aromatherapy experience.
63. **Avocado Relaxation Tea:** Brew a soothing tea using dried avocado leaves, chamomile, and lavender.
64. **Avocado Body Butter:** Whisk avocado, cocoa butter, and coconut oil into a decadent body butter.
65. **Avocado Scented Sachets:** Fill fabric sachets with dried avocado peels and lavender for a natural scent.
66. **Avocado Healing Balm:** Combine avocado oil, beeswax, and tea tree oil to create a healing balm for minor cuts and scrapes.
67. **Avocado Calming Spray:** Make a calming room spray with avocado hydrosol and lavender essential oil.
68. **Avocado Sleep Mask:** Sew a soft sleep mask filled with dried avocado leaves and lavender buds for restful sleep.
69. **Avocado Herbal Bath Soak:** Infuse avocado oil with dried herbs like chamomile and calendula for a soothing bath soak.
70. **Avocado Muscle Rub:** Mix avocado oil with peppermint and eucalyptus essential oils for a refreshing muscle rub.
71. **Avocado Healing Poultice:** Spread mashed avocado on a cloth and apply to minor skin irritations for healing.
72. **Avocado Stress Relief Roller:** Blend avocado oil with frankincense and bergamot essential oils in a roller bottle for stress relief.
73. **Avocado Cooling Gel:** Mix mashed avocado with aloe vera gel and cucumber juice for a cooling skin gel.
74. **Avocado Herbal Steam:** Add dried avocado leaves and rosemary to hot water for a relaxing herbal steam.
75. **Avocado Digestive Tea:** Steep dried avocado leaves with ginger and peppermint for a soothing digestive tea.
76. **Avocado Seed Planters:** Use avocado seeds as planters for small succulents or herbs.

77. **Avocado Shell Candle Holders:** Hollow out avocado shells to create unique candle holders.
78. **Avocado Seed Necklaces:** Polish avocado seeds and string them into stylish necklaces or bracelets.
79. **Avocado Shell Bird Feeder:** Repurpose avocado shells into bird feeders by filling them with birdseed.
80. **Avocado Seed Keychains:** Decorate and seal polished avocado seeds to make personalized keychains.
81. **Avocado Shell Tea Light Holders:** Carve avocado shells to hold tea lights for ambient lighting.
82. **Avocado Seed Magnets:** Paint and attach magnets to avocado seeds for colorful fridge magnets.
83. **Avocado Pit Painting:** Use avocado pits as natural paintbrushes to create abstract art.
84. **Avocado Shell Succulent Planter:** Fill avocado halves with soil and plant small succulents for cute planters.
85. **Avocado Seed Pendants:** Drill holes in polished avocado seeds to make trendy pendant necklaces.
86. **Avocado Seed Mosaic Coasters:** Arrange polished avocado seeds into mosaic patterns on coasters.
87. **Avocado Shell Jewelry Dish:** Mold avocado shells into small dishes to hold jewelry or trinkets.
88. **Avocado Seed Maracas:** Fill polished avocado seeds with dried beans to make homemade maracas.
89. **Avocado Shell Ring Holder:** Carve avocado shells to create ring holders for organizing jewelry.
90. **Avocado Seed Earrings:** Attach hooks to polished avocado seeds to make unique earrings.
91. **Avocado Shell Vase:** Use hollowed-out avocado shells as miniature vases for small flowers.
92. **Avocado Seed Beads:** Slice and drill avocado seeds to create rustic beads for jewelry or crafts.
93. **Avocado Seed Tic-Tac-Toe:** Paint avocado seeds and use them as game pieces for tic-tac-toe.
94. **Avocado Shell Soap Dish:** Shape avocado shells into soap dishes for bathroom decor.
95. **Avocado Seed Bookmark:** Decorate polished avocado seeds and attach ribbon for personalized bookmarks.
96. **Avocado Shell Candle Tray:** Arrange multiple hollowed-out avocado shells as a decorative candle tray.
97. **Avocado Seed Wind Chimes:** String polished avocado seeds onto wire to create whimsical wind chimes.
98. **Avocado Shell Picture Frames:** Decorate avocado shells and add a backing to create unique picture frames.
99. **Avocado Seed Button Covers:** Paint avocado seeds and glue them onto buttons for decorative covers.
100. **Avocado Shell Mobile:** Hang decorated avocado shells from a mobile frame for a charming decoration.

[www.38hertz.com](http://www.38hertz.com)

Find Things that Make You Happy.  
Do More of That!

