We love avocados and we eat loads of them each week, my wife makes the best guacamole ever (BTW: why buy guacamole readymade? It's easy to make and tastes so much better fresh)...

The problem is - no matter how many avocados we eat, there are always one or two which become over-ripe and spoil (I hate wasting food!). Thankfully I have just found a tutorial on a website called 'Eating Richly' which shows how to prepare ripe avocados in a way that allows them to be frozen. The process is very quick and easy to do, so once you have seen this, there is no excuse for wasting any more avocados...

How To Preserve Avocados In The Freezer

(Image from: Wikipedia)