

# Jackfruit Cakes with Avocado and Feta

## Ingredients

2 jackfruit cakes (purchased from Trader Joe's in the frozen section)  
1/2-1 tbsp. ghee  
1/2 avocado  
salt, pepper, garlic powder, and red pepper flakes  
feta  
sriracha

## Directions

- 1.Heat a medium skillet to medium-low heat.
- 2.Add ghee.
- 3.Once hot, add jackfruit cakes and cover.
- 4.Cook 3-5 minutes each side.
- 5.Turn heat up to medium if they aren't browning (depends on how hot your stove gets).
- 6.Meanwhile, mash avocado in a small bowl.
- 7.Sprinkle lightly with salt, pepper, and garlic powder to taste. Add red pepper flakes if desired.
- 8.Crumble feta on top.
- 9.Drizzle with sriracha.
- 10.Enjoy!

## My Notes

Disclaimer: I am not a nutritionist and sharing this recipe does not constitute nutrition advice. Please consult a nutritional practitioner about a nutrition plan that's best for you.