

YOUR FOOD COULD BE IN THE PAPER, TOO



Sarah Taniwa

New Gastroposter who looks at beautifully photographed food for cooking inspiration



Avocado and grapefruit salad with a sweet ginger dressing. Go go avocado!



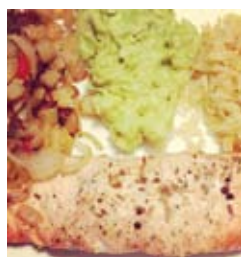
Heather Chambers

@anuptowngal
Bacon, mango guacamole; a little salty, a little sweet



Menka Walia

@MenkaW
Grilled salmon with a side of guacamole



Cheryl Kozoriz

@CherylKozoriz
Avocados are my jam, on my plate daily



Alanna Fleischer

@theediblestory
Avo and sweet potato sandwich



Macchinie Logronio

@Bojyo_chin
Best guacamole I've ever tried



Elena Pranjic

@elenaamarie
Love the perfect avocado



Lina Livcag

@freshnunchy
Avocado among other salad ingredients



Vanessa Porter

@nessporter
Fresh avocado milkshake to go with my pho



Fouad Makadsi

@iphoud
Flank steak fajita



Ricki Heller

@RickiHeller
Lentil loaves with avocado-tahini sauce



Michelle Shipley

@2mothership
Salad with kale, red onions and avocado



Carrie Bloomfield

@missemisse
Grilled cheese avocado sammie. Mmmm



Megan Kennedy

@wanderlustmegan
Avocado toast with red pepper flakes



Angelica Sales

@veganangelica
Avocado served on top of quinoa and some greens



Lori Kennedy

@eatineatout
My first time using avocado, with steak-and-egg salad



Mary-Margaret Jones

@marymargaret
Crab BLT salad



Tonya Facey

@wonTONfm
Avocado juice in Bahrain to wash down delicious shwarma



Tyler Puley

@tdtap
Havarti, avocado and smoked turkey grilled cheese



Stephanie Casola

@faeriesteph
Raw vegan taco with lettuce for a shell



Bianca Luk

@bblicious
Avocado vegan smoothie with raw almonds and almond milk



Janessa Snippe

@JanessaS
Tonight's all about the empanadas and guacamole



Stephanie Arsenaault

@globaldish
On-the-spot-made guacamole at Calgary's Anejo



Callie Farrell

New Gastroposter
Vegan avocado pesto



Emily Fox

@emers_fox
Avocado completes my Venezuelan arepa



Gloria Tran



Kelly Hill



Chris Pires



Kristin Rankin



Shawn Penny



Georgia Davis



Vicky Weiss



Yashy Murphy

Domenica Ganguli • Duncan Clark • Hilda Soriano Sosa • Khoa Dao • L.J. Stubbs • Robyn Macdonald • Samantha Osaduke • Tiffany Mayer • Vickie Cheung • Angel Liang • Crystal Mickolwin • Devon Taylor • Helena DeCrescenzo • Jennifer Alger Morse • Jennifer Paterson • Jenny Roger • Joe Manuguid • Julie Sartori • Zak Fiddes • Alessia Velocci • Bella Mohamed • Harpreet Sohi • Jo-Ann Blondin • Shelby Morrison • Shyla Tibando • Emma Brooks • Lee-Anne Kirk • Megan Ion • Michelle Bialy • Missy Cohen • Nimu Ganguli • Patricia Noonan • Thea Ong • Vanessa Bower • Grace Clerc • Heather Johnson • Jaime Forrester • Julie Dang • Katarina Pranjic • Liberato Pulsone • Lorraine Sit • Rebecca Steckham • Amy Bishop • Jason Chan • Jennifer Ariyo • Jess Collins • Megan Siegel • Naveen Atwal • Shantel Diamond • Edward Nieto • Pat Anderson • Kate Robinson • Stephanie De Melo • Aviva Cohen • Jessica Ford • Jon-Jon Gulla • Rayni Kovacs • Floria Chu • Tyler Ambeau • Winnie Yau • Adrian Ng • Betty Hung • Dan Rieta • Daniel Davidzon • Sandi Heeringa

JOIN US!

- ✓ Get your food pics & ideas published in the National Post
- ✓ Be the first to find out about new missions
- ✓ Get your very own Gastrosketch



YOUR NEXT MISSION: COME OUT OF YOUR SHELL

Spring has arrived(ish), and if you celebrate Easter or Passover that could mean more oval-shaped foods for you. **Your mission this week is to eat or cook something with eggs** — whether the kind that comes out of a chicken, or a facsimile you prefer. (Are chocolate eggs more your thing? How about another egg substitute?) In some faiths, the egg is a symbol of new life and new possibilities. And you, Gastroposters, have shown many times that **you know all about new possibilities when it comes to food**. Time to get cracking!

MISSION INSPIRATION



If you're looking for a twist on your usual breakfast eggs, visit gastropost.com/maria and try Gastroposter **Maria Zychowicz's** recipe for cheesy baked eggs. "If you like sunny side up eggs, this recipe is sure to please the elegant side of you," Maria says. "It's a surprise in the snow!"

GASTROPOST IT

Whatever you eat in order to complete the mission, **the important part is sharing it with the Gastropost community**. There are several ways to do that:



Post a photo on Instagram and tag it with #gastropost



Post a photo through Twitter and tag it with #gastropost



Upload a post to Facebook and tag it with @Gastropost



Post directly to our website

Visit gastropost.com to see what your fellow Gastroposters have been eating.

gastropost.com

DON'T HESITATE TO GET IN TOUCH WITH US. WE'D LOVE TO HEAR FROM YOU.

Email us at hello@gastropost.com.

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