



**b) Ensure working rooms have:**

- Easy to clean floors
- Walls painted white for easy detection of insects, dirt and any abnormalities
- Adequate lighting
- Temporary storage – stacked crates for raw materials, pallets for raw material and finished products, shelves for jars and airtight containers for dried products.
- Good ventilation to allow moderate temperature.
- Windows with insect proof screens.

**ii. Equipment**

- Should be properly cleaned before and after use
- Hot water should be used for sterilizing the equipment
- Wooden equipment should be scrubbed
- All utensils should be kept dry by wiping with clean cloth and stored in dust free places.

**iii. Personal hygiene**

- Health certificates should be acquired

(commercial purposes)

- Health status (processing should not be done when one is sick or with open wounds)
- Illness and injuries (processing should not be done when one has open wounds)
- Personal cleanliness - maintaining personal cleanliness including body and clothes
- Personal behaviour - hands should be carefully washed with soap.

**Compiled by:** Ndambuki J. M., Wayua F. O.,  
Gathambiri C. and Nyaga A.

**Editors:** Nyabundi K.W., Maina F.W., Mukundi K.T.,  
Maina P., Wanyama H.N., Ekadeli J., Otieno A.S and  
Ondabu L.K.

**For further information, contact:**

FCRC KALRO-Muguga, P.O. Box 30148- 00100,  
Muguga

**Email:** [fcrc.muguga@kalro.org](mailto:fcrc.muguga@kalro.org)

*Design and layout by Emma Nyaola*  
**KALRO/NAVCDP/AVOCADO/ Brochure No.**  
**153/2024**



## MAKING OF AVOCADO PASTE



## I. Introduction

In Kenya, there has been a gradual increase in the establishment of micro, small, and medium-sized food processing enterprises. These enterprises focus on producing a variety of nutritious food products as a means to mitigate post-harvest losses and food wastage, prolong the shelf life of food items, enhance food security, and make significant contributions to both national employment and gross domestic product (GDP).

Avocado paste is made by cooking together avocado pulp and sugar until it is very thick and then leaving the mixture to dry to remove excess moisture. This results in a paste that keeps well and is full of flavour. While the exact consistency of avocado paste can vary from brand to brand, some are very dry and similar in texture to fruit leather, while others have more moisture and slightly jam-like – they are all thick enough to slice and serve.

## II. Requirements for Processing of Quality Avocado Paste

### i. Equipment

Weighing scale, knives, basins, washing troughs, pulper/blender, stirring stick, sufuria and packaging jars.



*Ripe Avocados, Source: James Ndambuki*

### ii. Ingredients

- Ripe avocados (1 kg)
- ½ cup sugar
- 2 lemon fruits
- ½ cup water

### III. Procedure

1. Rinse and dry the avocados.
2. Cut the avocados into halves and scoop the pulp.
3. Put everything through a pulper machine or blender.
4. Grind into a puree.
5. Weigh the puree to help in measuring the amount of other ingredients i.e. add an equal amount of sugar. 1 cup of puree solution mixed it with 1 cup of sugar and 2 table spoons of lemon juice and put it back into the saucepan.
6. Using a wooden spoon, cook the mixture down into a thick paste for about 20 minutes

7. When the paste is thick, line a small square or leaf with waxed paper and pour this paste on it.
8. Spread the paste out into the pan and smoothen, set the pan of avocado paste aside in a cool place for 24 hours (not in a fridge).
9. Unmold the avocado paste, cut into blocks, wrap it in waxed paper and store in the fridge.
10. When you are ready to use it unwrap.

### Uses of Avocado Paste

- Used as a snack
- Used together with other foods e.g. smeared on bread.

## IV. Basic Hygiene During Processing

### i. Processing premises

Spacious to accommodate all required facilities

#### a) Necessary facilities

- Sanitation area-toilets/latrines, changing rooms, hand washing areas and lunch areas
- Proper flooring
- Cleaning stations
- A floor drainage system

