

HOLA SUPERFOOD!

AVOCADOS ARE A HEART HEALTHY FRUIT



RECIPE BOOKLET & EDUCATION GUIDE



◆◆◆ ALWAYS IN SEASON ◆◆◆

AvocadosFromMexico.com

HEART HEALTH NUTRITION



QUESTION & ANSWER WITH THE DIETITIAN

Barbara Ruhs, MS, RD,
Registered Dietitian

barb@avocadosfrommexico.com

The American Heart Association® recommends eating a variety of nutritious foods from all food groups. Eating a variety of fruits and vegetables may help one control their weight, cholesterol and blood pressure. Avocados are a healthy, nutrient-rich food that can help boost fruit intake.

Q: Avocados contribute a lot of fat, right?

A: Yes. Avocados contribute 8 grams of fat per 1/3 medium avocado serving (or 50 grams). Avocados are virtually the only healthy fruit with monounsaturated fat and polyunsaturated fat or good fats. In fact, over 75% of the fat in healthy avocados is “good fat.”

Q: Do good fats raise LDL or “bad” cholesterol?

A: No. Because the body needs some dietary fat in moderation to help with absorption of nutrients. Good fats do not raise LDL “bad” cholesterol levels.

Q: How can I increase my intake of dietary fiber?

A: Eat more avocados! Dietary fiber from fruit and vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Avocados are a good source of dietary fiber (11% of the Daily Value) and are a great way to boost fiber at breakfast, lunch, dinner and snack time.

AVOCADO TOAST: MAKE IT YOUR WAY



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Avocados From Mexico are certified by the American Heart Association®. Certification does not apply to serving suggestions or recipes.

While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.

CHOCOLATE AVOCADO PROTEIN SMOOTHIE



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AVOCADO TOAST: SHOPPING LIST

☐ Avocados! Don't forget!

BREAD:

- ☐ Whole Wheat Bread
- ☐ Tortillas
- ☐ French Bread
- ☐ Pita Bread

PROTEIN:

- ☐ Beans (canned)
- ☐ Pistachios, Walnuts, Almonds
- ☐ Eggs
- ☐ Chicken, Turkey
- ☐ Salmon, Tuna

FRUITS & VEGGIES:

- ☐ Berries (blueberry, raspberry, cherry)
- ☐ Pomegranate Arils
- ☐ Tomatoes
- ☐ Cilantro, Basil, Dill

SAUCE OR SEASONING:

- ☐ TABASCO® Sauce
- ☐ Sriracha
- ☐ Lemon/Lime Juice

OTHER:

- ☐ _____
- ☐ _____

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CHOCOLATE AVOCADO PROTEIN SMOOTHIE

PREP TIME: 5 MINUTES | TOTAL TIME: 5 MINUTES | SERVINGS: 2

INGREDIENTS

- $\frac{1}{2}$ medium ripe Avocados From Mexico, diced
- 1** TB unsweetened cocoa powder
- 1** medium frozen ripe banana, cut into chunks
- 1** container (5.3 oz.) Chobani® low-fat coffee Greek yogurt
- 1** cup chocolate almond milk
- $\frac{1}{2}$ cup ice cubes

INSTRUCTIONS

1. Place all ingredients into a blender and mix until smooth.
2. Add more water or almond milk for desired thickness. Serve with a sprinkle of cocoa powder on top.

Nutrition Facts (Per serving = 1 cup) | Calories: 270, Total Fat: 9g (Sat. Fat: 1.5g)
Cholesterol: 10mg, Sodium: 105mg, Total Carbohydrate: 42g, Dietary Fiber: 3g, Sugar: 28g, Protein: 9g

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FLOURLESS AVOCADO PANCAKES



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CUCUMBER & AVOCADO ROLL-UPS



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FLOURLESS AVOCADO PANCAKES

PREP TIME: 10 MINUTES | TOTAL TIME: 10 MINUTES | SERVINGS: 5

INGREDIENTS

- 1 medium ripe Avocados From Mexico
- 1 medium ripe (or overripe) banana
- 1 large egg, beaten
- 4 TB gluten-free quick oats
- ¼ cup vanilla soy milk
- 1 tsp vanilla extract
- 1 cup fresh blueberries

INSTRUCTIONS

1. Place banana, egg, oats, soy milk, vanilla extract and avocado into a blender and mix until smooth.
2. Heat a large non-stick skillet over medium-low heat. Use non-stick cooking spray to coat the pan.
3. Pour 3 TB of batter into pan to make each pancake (small). Cook 3-4 minutes per side, until browned on each side. Serve with fresh blueberries.

Nutrition Facts (Per serving = 1 pancake) | Calories: 130, Total Fat: 6g (Sat. Fat: 1g) | Cholesterol: 45mg, Sodium: 20mg, Total Carbohydrate: 17g, Dietary Fiber: 3g, Sugar: 7g, Protein: 3g

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CUCUMBER & AVOCADO ROLL-UPS

PREP TIME: 25 MINUTES | TOTAL TIME: 30 MINUTES | SERVINGS: 4

INGREDIENTS

- 2 Avocados From Mexico, mashed
- 2 large cucumbers (or fresh zucchinis), sliced into thick strips "ribbons"
- ¼ cup spicy hummus
- 1 tsp lime juice
- 1 medium carrot, cut into thin matchsticks
- Optional: TABASCO® Sauce drizzle

INSTRUCTIONS

1. Using a vegetable peeler, slice a cucumber into flat strips (or "ribbons") until you reach the center. Place the cucumber on a paper towel lined plate to absorb excess water while you prepare the rest of the ingredients.
2. In a medium bowl, combine avocado, lime juice and hummus. Mix until smooth.
3. Spread a thin layer of the avocado-hummus mixture down the middle of the cucumber ribbon and top with a few carrot matchsticks. Carefully roll up.
4. Serve on a plate and top with a drizzle of TABASCO® Sauce, as desired.

Nutrition Facts (Per serving = 2 Roll-Ups) | Calories: 180, Total Fat: 13g (Sat. Fat: 1.5g) | Cholesterol: 0mg, Sodium: 60mg, Total Carbohydrate: 15g, Dietary Fiber: 4g, Sugar: 4g, Protein: 5g

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SHRIMP AVOCADO BITES



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MEXICAN STUFFED SWEET POTATOES



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SHRIMP AVOCADO BITES

INGREDIENTS

3 medium Avocados From Mexico, diced

Non-stick olive oil cooking spray

1½ lb large raw shrimp, deveined

1 tsp chili powder

1 tsp garlic powder

2 TB lime juice

1/8 tsp kosher salt (or sodium-free salt alternative)

30 each baked tortilla "scoop" chips

1 bunch fresh cilantro, top leaves removed

INSTRUCTIONS

1. Preheat oven to 375 degrees F.

Combine raw shrimp with chili powder, garlic powder and lime juice and toss until evenly coated.

2. Spray a large baking sheet with non-stick cooking spray. Place shrimp in a single layer on baking sheet and spray briefly with cooking spray to coat top of shrimp. Bake in the oven for 8-10 minutes until shrimp turns pink and is cooked through.
3. Assemble "bites": Fill each tortilla chip "scoop" with a tsp of avocado mixture topped with cooked shrimp. Place cilantro leaf on top as garnish. Serve with fresh lime slices.

Nutrition Facts (Per serving = 1 Avocado Bite) | Calories: 50, Total Fat: 2.5g (Sat. Fat: 0g)
Cholesterol: 0mg, Sodium: 0mg, Total Carbohydrate: 26g, Dietary Fiber: 0g, Sugar: 5g, Protein: 0g

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MEXICAN STUFFED SWEET POTATOES

INGREDIENTS

1 ripe medium Avocados From Mexico, diced

2 medium sweet potatoes

1 cup bell pepper, diced

10 sweet cherry tomatoes, quartered

½ cup cilantro, roughly chopped

1 cup corn canned drained, rinsed

Optional toppings: Monterey Jack cheese grated or cheddar, yogurt 0% Greek or non-fat sour cream, prepared tomato salsa or pico de gallo

INSTRUCTIONS

1. Bake sweet potatoes. You can either place them in the microwave for 5-7

minutes (make sure to poke holes in the potato several times with a fork before placing in the microwave) or preheat oven to 350 degrees F. Bake the sweet potatoes for 45-60 minutes.

2. Prepare topping for sweet potatoes. Dice avocados, peppers, tomatoes, cilantro and optional toppings, as desired.
3. Remove sweet potatoes from microwave or oven when fork-tender. Let cool for 5-10 minutes. Cut the sweet potatoes in half. Half of each potato is a serving, so you can add your toppings and then slice into another half.

Nutrition Facts (Per serving = 1 Potato) | Calories: 170, Total Fat: 6g (Sat. Fat: 1g)
Cholesterol: 45mg, Sodium: 20mg, Total Carbohydrate: 17g, Dietary Fiber: 3g, Sugar: 7g, Protein: 3g

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BBQ CHICKEN TAMALE BITES



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DARK CHOCOLATE AVOCADO BROWNIES



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BBQ CHICKEN TAMALES BITES

PREP TIME: 15 MINUTES | TOTAL TIME: 35 MINUTES | SERVINGS: 8-10

INGREDIENTS

2 Avocados From Mexico, diced
2 cups cooked rotisserie chicken, shredded
¾ cup BBQ sauce
¼-½ cup water
1 pkg (6.5 oz) cornbread muffin mix
1 egg
1/3 cup milk
2 TB butter, melted
1 TB lime juice + lime wedges
¼ cup cotija cheese
(or queso fresco), crumbled
¼ cup cilantro, chopped

INSTRUCTIONS

1. Preheat oven to 375 degrees F

according to cornbread mix package instructions. Spray muffin tin with cooking spray.

2. Combine cooked shredded chicken and BBQ sauce until well-coated. Add lime juice to taste and mix well. Mixture should be thick.
3. In a large bowl, combine the cornbread mix, egg, milk and butter. Whisk until smooth. Spoon heaping TB of cornbread batter into each muffin tin (fill halfway). Place 1-2 TB of chicken mixture on top of cornbread mixture and bake in oven according to cornbread package, about 15-20 minutes.

Nutrition Facts (Per serving = 1 Tamale Bite) | Calories: 180, Total Fat: 10g (Sat. Fat: 3g) | Cholesterol: 55mg, Sodium: 270mg, Total Carbohydrate: 13g, Dietary Fiber: 1g, Sugar: 7g, Protein: 12g

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DARK CHOCOLATE AVOCADO BROWNIES

INGREDIENTS

2 Avocados From Mexico
4 large eggs
1 cup sugar
8 oz. dark chocolate chips
½ cup dark cocoa powder
¼ tsp salt
1 tsp vanilla extract
½ cup whole wheat flour
Add **½** cup of chopped walnuts if you want to add some crunch!

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Line an 8x8-inch cake pan with parchment paper and spray with cooking spray.

3. Beat eggs and sugar with electric mixer at medium speed until bubbly and fluffy.
4. Place chocolate chips in microwave-safe bowl and microwave on HIGH in 15 seconds increments, stirring in between, until melted.
5. With mixer running, add chocolate to egg mixture. Fold in cocoa, salt, vanilla and flour.
6. Mash avocados in separate bowl until very smooth. Add to batter and mix well.
7. Pour batter into prepared pan and bake 30 minutes, or until toothpick is inserted in center and comes out clean.
8. Let cool before slicing.

Nutrition Facts (Per serving = 1/16) | Calories: 190, Total Fat: 9g (Sat. Fat: 4g, Trans Fat: 0g) | Cholesterol: 55mg, Sodium: 90mg, Total Carbohydrate: 28g, Dietary Fiber: 3g, Sugar: 20g, Protein: 4g

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EDUCATING YOUR SHOPPERS ON AVO 101

How to Store



OR

DRIZZLE



WRAP TIGHTLY



REFRIGERATE

How to Ripen an Avocado Faster



+



OR

+



• 1 TO 4
DAYS
• CHECK
DAILY



RIPE & READY!

How to Slow Down Ripening



RIPE
AT ROOM
TEMP

+



=

RIPE &
READY TO
EAT WITHIN
2-3 DAYS

How to Pick an Avocado

Color is
not always
the best
indicator of
ripeness



HARD

READY TO EAT
IN 4 - 5 DAYS



FIRM

READY TO EAT
IN 2 - 3 DAYS



YIELDS
TO GENTLE
PRESSURE

READY TO EAT
TODAY OR
TOMORROW

Learn more at [AvocadosFromMexico.com](https://www.avocadosfrommexico.com)

A UNIQUE AND HEART HEALTHY FRUIT

Slice, dice, chop, mash, mix or spread...endless ideas and ways to enjoy!

NUTRITIONAL ATTRIBUTES OF AVOCADOS

1 serving = one-third of a medium avocado or 50 grams

80 calories,
8g fat, 1g
saturated fat

Nutrient-
Dense

0g of
cholesterol

3g of fiber

1 avocado
=
3 servings

A Source of
Good Fats

0g of sugar



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1. Hass Avocado Board. "Avocado Nutrition and Benefits." *Avocado Central*. Hass Avocado Board, 2016. Web.