

## Why are Avocados Good for You?

- Offer nearly 20 vitamins and minerals in every serving
- Includes potassium and lutein
- Also includes folate (**crucial** for cell repair and during pregnancies)
- Vitamin C, E, and B
- High in monounsaturated fat, or “good” fat that helps lower bad cholesterol

## Did you Know?

- Avocados lower bad cholesterol
- Rich in fiber ( 2g per serving)
- GLUTEN FREE
- High protein (1 avocado=4g of fat)

## Fun Facts

- Avocados are a fruit. Never knew that, did you?
- More potassium than a banana!
- California produces 90% of the nation's Avocado crop
- The oldest Avocado tree was planted in 1879

Philip Engler 2015

## Shopping Tips

- You can tell an Avocado is ripe when the skin is brown and gives slightly when you apply pressure (slightly squishy)
- Making guacamole? A ripe Hass Avocado should be the fruit you look for
- If you see a brown patch underneath the stem, it is rotten



Rotten



Ripe



## Homemade Guacamole

What you will need

- 4 ripe Hass Avocados, seeded, peeled, and cut into chunks
- 1 tbsp. of lemon juice
- ½ small Sweet White Onion, diced
- 1 ripe Roma Tomato, diced
- Salt and pepper to taste

Mash avocados with lemon juice in a bowl, leaving some chunks. Then, gently stir in the remaining ingredients and serve immediately with tortilla chips or your favorite chip.

This mild, simple, guacamole is sure to please even the pickiest eaters.