

# Amazing Avocados



## Did you know that avocados are fruit?

An avocado is considered a fruit because it develops from a flower and contains a seed or pit.

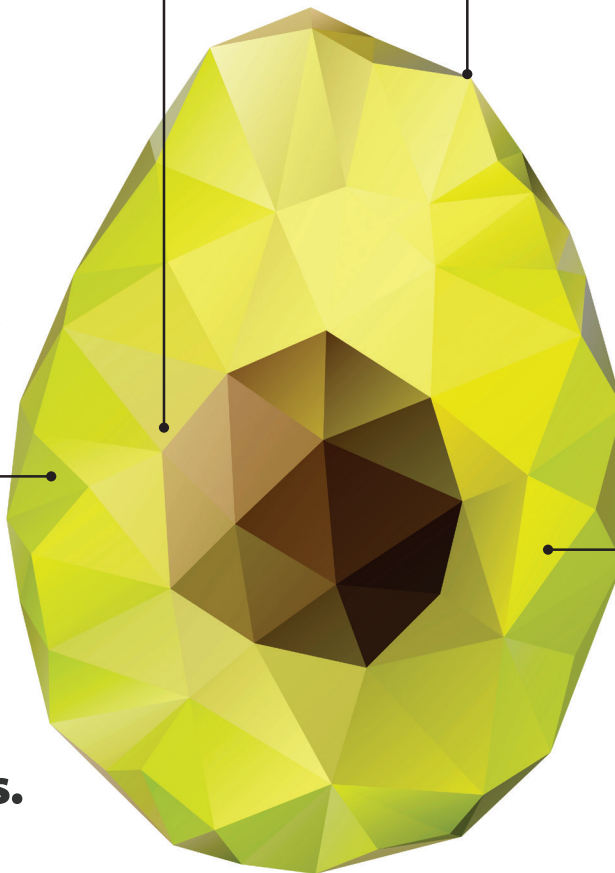


Avocados are rich, creamy, versatile, flavourful and very nutritious. They are rich in

**fibre, folic acid, and heart healthy fats.**



**= monounsaturated and polyunsaturated fats**



## 1/2 an avocado

gives you about 1/4 of the fibre needed in a day, and about 1/4 of the fat needed in a day.

### Fibre helps us:

- to feel full longer,
- promotes regularity, and
- contributes to heart health.



## Fat is important for our overall health and plays several roles in the body:

- Fat provides energy that the body needs.
- Fat also helps the body use carbohydrates, proteins and certain vitamins efficiently.



Enjoy half an avocado sprinkled with lemon juice or your favourite seasoning as a snack.



Add fresh or frozen pureed avocado to a blueberry and banana smoothie.



Pack guacamole with whole grain crackers and your favourite fresh vegetable for a snack at work.



Dress a green salad with a creamy avocado dressing: mix pureed avocado with garlic, olive oil, lime juice, water, salt and pepper.



Add avocado to pasta, potato or tossed salads. Try diced tomato, avocado, cucumber, parsley, olive oil and balsamic vinegar.



Mashed avocado makes a tasty spread. Use it instead of mayo, butter, or other condiments in your next sandwich or wrap. Try leftover chicken, lettuce, mashed avocado and grilled peppers.



Turn your BLT sandwich into an ALT sandwich by substituting bacon with avocado.



Use avocados instead of butter or oil in your favourite baked goods (cookies, cakes, muffins). You can assume a one-to-one substitution of avocado for butter (e.g., 1/2 cup butter = 1/2 cup avocado), but you may need to add another liquid when substituting avocado for oil.

# Freeze pureed avocado

Puree avocado with 2 tsp of lemon or lime juice per avocado,



per



place in an airtight container and freeze for 3 to 6 months.



Pureed avocado can be used in smoothies, baked goods or homemade baby food.



# Check for Ripeness

Squeeze the avocado gently in the palm of your hand.



unripe = firm	ripe = gives slightly	overripe = soft or mushy
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Remove the stem of the avocado to check for ripeness. The inside should be green, not brown (overripe).



## Chickpea Avocado Sandwich

- 1 (15 oz) can chickpeas, drained and rinsed
- 1 ripe avocado
- 1/3 cup celery, diced
- 1/3 cup onion, minced (any kind)
- 1 lime, juiced
- ¼ cup cilantro, chopped (optional)
- Salt and pepper, to taste
- Whole grain bread
- Sandwich toppings of your choice: spinach, tomato slices, sprouts, etc.

- In a medium bowl, mash the chickpeas and avocado with a fork or potato masher until desired consistency.
- Mix in celery, onion, cilantro and lime juice.
- Season with salt and pepper, to taste.
- Spread ¼ of mixture on a slice of bread, top with sandwich toppings and another slice of bread.

**Note:** The sandwich filling also makes a great dip! Serve with cut up veggies, crackers or pita wedges.

Serves: 4

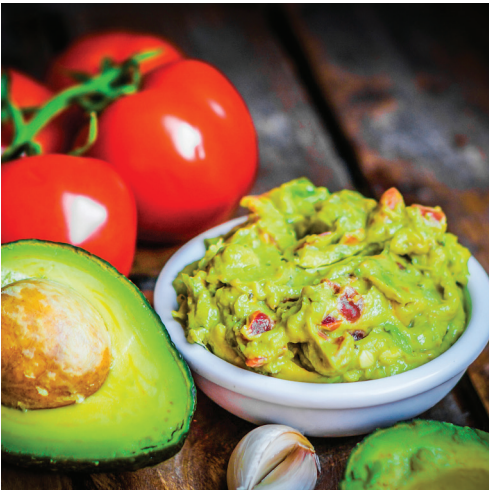


## Banana-cado Bread

- 2 cups whole wheat flour
- ¾ cup sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 1 tsp. cinnamon
- 2 ripe avocados
- 2 very ripe bananas
- 2 eggs
- 1 tsp. vanilla extract
- ¼ cup buttermilk (or ¼ milk with ¼ tsp. lemon juice or white vinegar)
- ½ cup chopped walnuts (optional)

- Lightly grease a 9 x 5 x 3 inch loaf pan.
- Preheat oven to 350°F (180°C).
- Combine dry ingredients: flour, baking powder, baking soda, salt and cinnamon. Set aside.
- Mash the avocado and banana in a large bowl. Add the sugar and cream together using an electric mixer. Add eggs, vanilla and buttermilk and blend well.
- Incorporate walnuts and other dry ingredients.
- Pour mixture into prepared loaf pan and bake in preheated oven for 1 hour. Test using a tooth pick.
- Cool in pan for 10 minutes. Remove from pan and let cool.

Serves: 8-10



## Guacamole

- 2 ripe avocados, diced
- 1 Tbsp. lemon or lime juice
- ½ ripe tomato, diced small
- 1 clove of garlic, minced
- Salt and pepper, to taste

- Mash avocados with lemon or lime juice in a bowl, leaving some chunks.
- Stir in the rest of the ingredients, and serve.

Serves: 4