

Avocados

Nutritional Facts

One cup 7 oz avocado contains:

- **Calories: 322**
- **Fat: 30 grams**
- **Protein: 4 grams**
- **Carbs: 17 grams**
- **Fiber: 14 grams**
- **Vitamin C: 22% of the daily value (DV)**
- **Vitamin E: 28% of the DV**
- **Vitamin K: 35% of the DV**
- **Riboflavin (B2): 20% of DV**



Avocados are native to Mexico and Central America, but they are cultivated in many areas of the world, including North America. Avocados are extremely popular in the health and wellness world because they're highly nutritious and have been linked to several health benefits.

Avocados can be substituted for several ingredients in baking and cooking, such as butter, shortening, eggs, oil, mayonnaise, and sour cream. Some people use avocado as a vegan substitute for these ingredients, but another reason to go with avocado is the increase in nutritional value.

Avocado Smoothie

- 1 cup nonfat plain yogurt
- 1 cup fresh spinach
- 1 frozen banana
- ¼ avocado
- 2 tablespoons water
- 1 teaspoon honey

1. Combine yogurt, spinach, banana, avocado, water and honey in a blender. Puree until smooth.

Nutritional Facts: 357 calories; protein 17.7g; carbohydrates 57.8g; dietary fiber 7.8g



From: www.eatingwell.com/recipe/262759/spinach-avocado-smoothie/

Onion & Avocado Salad

- 3 medium ripe avocados
- 1 large sweet onion
- 1/3 cup olive oil
- 1/4 cup stone-ground mustard
- 2 tablespoons lemon juice
- 1 tablespoon honey



1. Peel and thinly slice the avocados. Half and thinly slice the onion.
2. Arrange avocado and onion slices on a large platter. In a small bowl, whisk remaining ingredients; drizzle over salad. Serve immediately.



Healthy Guacamole

- 2 ripe avocados
- 2 cloves of fresh garlic
- 1 lime
- a pinch or two of sea salt (to taste)
- cilantro for garnishing (optional)
- diced red onion, diced tomato, diced bell pepper (optional)

1. Peel the avocados and cut out and discard the pit. Add the green fleshy part to a bowl.
2. Finely chop or press the garlic using a garlic press. The smaller the pieces of garlic, the better.
3. Wash and halve the lime, and squeeze its juice into the bowl over the avocados and the garlic. Add a few pinches of salt to the bowl.
4. Mash everything together with a fork just until the avocados are smooth with a few small chunks.
5. Give it a taste and if you think it needs a little more personality, add another pinch of salt and give it a quick stir.
6. Garnish with a little bit of fresh cilantro and that's it!
7. Add some diced red onion, diced fresh tomato and/or diced bell pepper if desired.