

# THINK OUTSIDE THE GUAC



Enjoy the healthy versatility of avocados!

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ALWAYS  
IN SEASON

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



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

Cucumber  
& Avocado  
Roll-Ups

