

CELEBRATE YOUR HEALTH

SEASONAL AVOCADO RECIPE INSPIRATION



RECIPE BOOKLET & EDUCATION GUIDE



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ASK THE DIETITIAN: DIABETES & AVOCADOS



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Insert Registered Dietitian's
business card here.

Managing blood sugar with the right food choices is important for people with diabetes. Virtually the only fresh fruit with good fats, healthy avocados can play a dual role in the diet to help people meet fruit and good fat recommendations.

Q: Fresh fruit typically contains a lot of sugar – do avocados contain a lot of sugar and carbohydrates?

A: No. Unlike most fruit, healthy avocados **do not contain sugar** and **have less than 4g of carbohydrate** per one-third medium fruit serving (50g).

Q: Will avocados raise my blood sugar?

A: No. Healthy avocados, when eaten alone, are not likely to induce a significant rise in blood glucose so they are not included in the International table of glycemic index and glycemic load values: 2002.

Q: Do avocados contain dietary fiber and will they contribute towards the Dietary Guidelines recommended intake goal of 25g per day?

A: Yes. Healthy avocados are a good source of fiber and contain 3g per serving (50g) and 11% of the Daily Value. Diets rich in healthy foods containing fiber may reduce the risk of heart disease, obesity and type 2 diabetes.

HEALTHY BAKING WITH AVOCADOS: RECIPE CONVERSIONS



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

PUMPKIN CRANBERRY MUFFINS



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AVOCADO BAKING CONVERSIONS

The healthy fats in avocados can be used like butter or oil in baking recipes. Using a ripe avocado, scoop out flesh, mash it in a small bowl and press it into a measuring cup.

Experiment with recipes and replace half of the butter or oil in a recipe with an equal amount of mashed, ripe avocado.



2 MEDIUM
AVOCADOS

1 CUP MASHED
AVOCADO

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PUMPKIN CRANBERRY MUFFINS

MAKES 10 SERVINGS

INGREDIENTS

$\frac{3}{4}$ cup medium Avocados
From Mexico, mashed
2 cups whole-wheat flour
 $\frac{1}{2}$ cup sugar
2 tsp baking powder
 $\frac{1}{8}$ tsp salt
1 tsp cinnamon
 $\frac{1}{2}$ tsp nutmeg
 $\frac{1}{8}$ tsp ground cloves
1 cup pumpkin, pureed
1 egg
 $\frac{3}{4}$ cup low-fat milk
 $\frac{1}{4}$ cup dried cranberries
 $\frac{1}{4}$ cup pecans or walnuts, chopped

INSTRUCTIONS

1. Preheat oven to 375 degrees. Line cupcake tins with paper liners or use silicone nonstick baking cups.
2. In a medium bowl, combine dry ingredients – flour, sugar, baking powder, salt, cinnamon, nutmeg, ground cloves. Set aside.
3. Using a food processor or blender, add avocado, pumpkin, egg and milk, and then mix together until combined.
4. Combine dry and wet ingredients in a bowl and stir until batter is moistened. Add in cranberries and nuts, as desired.

Nutrition Facts (Per serving = 1 Muffin) | Calories: 210, Total Fat: 6g (Sat. Fat: 1g, Trans Fat: 0g)
Cholesterol: 25mg, Sodium: 180mg, Total Carbohydrate: 36g, Dietary Fiber: 4g, Sugar: 15g, Protein: 5g

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HALLOWEEN GUACAMOLE CUPS



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AVOCADO CHOCOLATE CHIP COOKIES



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HALLOWEEN GUACAMOLE CUPS

MAKES 8 SERVINGS

INGREDIENTS

- 4 ripe Avocados From Mexico, halved, pitted and peeled
- 1 TB lime juice, freshly squeezed
- 1 TB onion, minced
- 1 tsp jalapeño pepper
- ¼ tsp salt

INSTRUCTIONS

1. In a small bowl, mash the avocado with a fork (or potato masher) to make a slightly chunky mixture.
2. Stir in lime juice, onion, jalapeño and salt.
3. Serve in cups with blue tortilla chips or vegetables.

Nutrition Facts (Per serving = ½ cup) | Calories: 130, Total Fat: 11g (Sat. Fat: 1.5g, Trans Fat: 0g) | Cholesterol: 0mg, Sodium: 60mg, Total Carbohydrate: 8g, Dietary Fiber: 3g, Sugar: 0g, Protein: 3g

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AVOCADO CHOCOLATE CHIP COOKIES

MAKES 18-24 SERVINGS

INGREDIENTS

- ½ cup ripe Avocados From Mexico, mashed
- 1 cup unbleached all-purpose flour
- ½ tsp baking soda
- ½ tsp kosher or fine sea salt
- ¼ cup + 1 TB sugar
- ¼ cup + 1 TB light brown sugar, lightly packed
- 1 large egg
- 1 cup semi-sweet chocolate chips

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. In a bowl, combine flour, baking soda and salt. In another bowl, use hand-held mixer

- on medium speed to beat avocado with sugars until they dissolve. Add egg and beat until well mixed. On low speed, blend in flour mixture. Fold in chocolate chips.
3. Spoon about 2 tablespoons of dough per cookie on a lightly greased baking pan, spacing cookies 2 inches apart.
4. Using a flexible spatula, gently shape cookies to make them round and about ½ inch thick. Bake 6 to 9 minutes, until cookies are golden on the edges and slightly firm to the touch in the center. Cool on baking sheet for 5 minutes, then use wide spatula to transfer cookies to wire rack and cool completely.

Nutrition Facts (Per serving = 1 Cookie) | Calories: 100, Total Fat: 3.5g (Sat. Fat: 1.5g, Trans Fat: 0g) | Cholesterol: 10mg, Sodium: 70mg, Total Carbohydrate: 15g, Dietary Fiber: 1g, Sugar: 10g, Protein: 2g

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TURKEY, CRANBERRY, AVOCADO & BRIE GRILLED CHEESE SANDWICH



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SMOKED SALMON ROLLS STUFFED WITH AVOCADO



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TURKEY, CRANBERRY, AVOCADO & BRIE GRILLED CHEESE SANDWICH

MAKES 2 SERVINGS

INGREDIENTS

6 medium, ripe Avocados
From Mexico, sliced
4 slices hearty cinnamon raisin bread
(or artisan cranberry-walnut bread)
1-2 oz slices brie, rind removed,
sliced in half
4 slices turkey breast
2 TB cranberry sauce
2 tsp margarine spread
(vegetable oil)

INSTRUCTIONS

1. Heat a skillet on medium. Spread margarine on one side of each piece of bread. On one of the unbuttered sides of bread, layer half of brie, half of cranberry sauce, two slices of turkey and a few avocado slices.
2. Place slice of bread on top, buttered side up, cover with a lid and grill in skillet until bread becomes golden. Flip sandwich once, cover again with lid and cook until cheese melts and bottom piece of bread becomes golden.
3. Cut in half and serve hot.

Nutrition Facts (Per serving = 1 Sandwich) | Calories: 430, Total Fat: 18g (Sat. Fat: 6g, Trans Fat: 0g)
Cholesterol: 75mg, Sodium: 440mg, Total Carbohydrate: 38g, Dietary Fiber: 1g, Sugar: 17g, Protein: 30g

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SMOKED SALMON ROLLS STUFFED WITH AVOCADO

MAKES 6 SERVINGS

INGREDIENTS

1 Avocados From Mexico, sliced
1 package of 8 oz of smoked salmon
½ cucumber, peeled,
seeded and diced

For the Filling:

4 TB of cream cheese, softened
1 TB chives
1 tsp lemon juice

For the Dressing:

½ cup olive oil
2 TB champagne vinegar
1 tsp sesame seeds

INSTRUCTIONS

1. In a bowl add the filling ingredients and mix until everything is well combined.
2. On each piece of salmon, spread cheese mixture and add slices of avocado, cucumber pieces and roll gently keeping the ingredients compact. When they are all ready, place it on a large plate, cover and refrigerate for at least 2 hours.
3. To serve, cut the salmon rolls with a serrated knife. Serve them on a plate and drizzle with dressing.

Nutrition Facts (Per serving = 1 Roll Up) | Calories: 200, Total Fat: 16g (Sat. Fat: 3g, Trans Fat: 0g)
Cholesterol: 20mg, Sodium: 480mg, Total Carbohydrate: 4g, Dietary Fiber: 1g, Sugar: 1g, Protein: 11g

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AVOCADO, BLOOD ORANGE AND PEAR SALAD



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HOLIDAY AVOCADO TOAST POMEGRANATE, MINT & WALNUTS



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AVOCADO, BLOOD ORANGE AND PEAR SALAD

MAKES 4 SERVINGS

INGREDIENTS

1 ripe Avocados From Mexico halved, pitted, peeled, and cut into 8 wedges
1 ripe Anjou pear peeled, cored, and cut into 8 wedges
½ medium red onion, thinly sliced and separated into rings
⅓ cup red wine vinegar
1 blood orange, peeled, and cut into 8 wedges
1 TB fresh cilantro, chopped
1 TB fresh blood orange juice, reserved from segments
¼ cup fresh oregano
Pinch of chili powder
4 TB olive oil (EVOO)

1 bunch watercress
(or 5 oz bag baby spinach)
2 oz Gorgonzola cheese, crumbled
Salt and pepper, as desired

INSTRUCTIONS

1. In a large salad bowl, gently combine, blood orange, pear, avocado and onions.
2. In a small bowl, combine vinegar, blood orange juice, cilantro, oregano, chipotle powder and whisk in olive oil.
3. Arrange watercress (or spinach) to make a bed on four plates. Top with one-fourth of the pear and avocado mixture. Drizzle with dressing. Sprinkle with Gorgonzola cheese. Serve immediately.

Nutrition Facts (Per serving = 1 cup) | Calories: 250, Total Fat: 19g (Sat. Fat: 4.5g, Trans Fat: 0g)
Cholesterol: 10mg, Sodium: 220mg, Total Carbohydrate: 16g, Dietary Fiber: 3g, Sugar: 10g, Protein: 5g

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HOLIDAY AVOCADO TOAST POMEGRANATE, MINT & WALNUTS

MAKES 4 SERVINGS

INGREDIENTS

1 Avocados From Mexico, mashed
4 slices of whole-grain bread
1 cup of pomegranate arils (from 1 pomegranate)
1 TB fresh mint, chopped
2 tsp lime juice, divided
2 TB walnuts, chopped coarsely

INSTRUCTIONS

1. In a medium bowl, combine pomegranate arils, mint, and lime juice.
2. Place avocado and lime juice in a separate bowl and mash with a fork.
3. Toast bread.
4. Spread mashed avocado on toast. Top with pomegranate mixture and sprinkle with walnuts. Serve immediately.

Nutrition Facts (Per serving = 1 Slice of Toast) | Calories: 190, Total Fat: 10g (Sat. Fat: 1g, Trans Fat: 0g)
Cholesterol: 0mg, Sodium: 100mg, Total Carbohydrate: 24g, Dietary Fiber: 3g, Sugar: 8g, Protein: 6g

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GUACAMOLE SHOPPING BINGO

Instructions: (For ages 5 and up) Circle the foods you SEE in the grocery store. If you can find 3 foods while shopping that are in a row (up, down or diagonal), call out "BINGO!"

If your child is having a hard time finding guacamole BINGO ingredients in the store, these are some clues to help!

GROCERY ITEM	CLUES
Avocado	This healthy green fruit contains good fats, is grown in Mexico and is the main ingredient in guacamole.
Cilantro	This herb looks similar to parsley but tastes very different!
Pico de Gallo	This fresh salsa is made of chopped tomatoes and onions and can be added to guacamole or served as a separate dip with chips.
Lime (or Lemon)	This citrus fruit can be squeezed into guacamole to prevent it from turning brown.
Mexican Spices	Dried herbs make up the spices and seasonings for all of your favorite Mexican dishes – Can you name one? (Answers: chili powder, cayenne pepper, garlic powder, onion powder).
Jalapeños	Peppers can be mild or spicy (hot) depending on the type. This small, green variety is very spicy!
Carrot Sticks	Sometimes this vegetable is associated with good vision. Rabbits also like this orange-colored vegetable.
Corn	This yellow vegetable is found in many Mexican dishes. The words, "ear" and "husk" are typically used when referring to this produce item.
Onions	Sometimes this fresh vegetable can make you cry. They also come in a variety of shapes (big, small) and colors (red, white, yellow and green).

GUACAMOLE SHOPPING BINGO



PICO DE GALLO



ONION



AVOCADO



CORN



MEXICAN SPICES



CILANTRO



JALAPEÑOS



LIME



CARROT STICKS

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

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