

# GREAT WAYS TO EAT AVOCADOS



## IN SALAD OR SOUP

You can make a soup focusing on avocados as the main ingredient or just add chunks to other soups.

Cut the avocado into chunks and drizzle with olive oil, balsamic vinegar, pepper, and salt. You can also try adding paprika, cayenne pepper, or lemon juice.

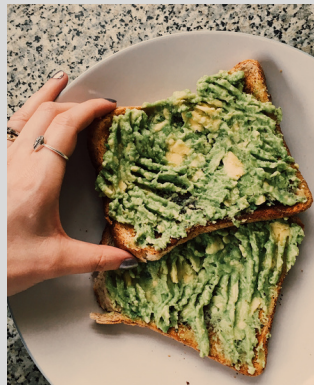
## Simply Seasoned

When scrambled eggs are about half way done, add diced avocado. You can also add them after eggs are cooked and cooling. Top with cheese and herbs.

## In Scrambled Eggs

## STUFFED

Fill an avocado with an egg and bake for 15-20 minutes at 425 degrees F. Add crumbled bacon and season with fresh herbs.



## AS FRIES OR TOPPINGS

Cut avocado into slices and deep fry or bake until crunchy. Use for toppings of burgers, tacos, or keto pizza.

Add avocado to keto-friendly pancake & dessert mixes to provide extra fiber and healthy fat.

## In Desserts and Pancakes

Cut the avocado in half and remove the seed. Drizzle with lemon juice and olive oil. Place cut side down on grill and cook for 2-3 minutes.

## Grilled

## In Smoothies, Sauces, or Hummus

Add avocado to increase creaminess, fiber content, and healthy fat to smoothies, sauces, or hummus. They pair well with tomato-based sauces as well as keto-friendly mac and cheese.



# AVOCADO TIDBITS & STORAGE TIPS

## Different Kinds of Avocados

- The Hass avocado is the most common variety available in the US and is higher in fat and fuller in flavor than Florida avocados. It is also higher in calories and has a softer/creamier texture.
- Hass avocados generally come from California and Mexico and have dark green or black skin that is bumpy.
- Florida avocados are grown in Florida but also in the Caribbean islands. They are generally larger and have bright green, smooth skin.

## Buying & Storage Tips

- The best way to tell if an avocado is ripe is to gently squeeze the fruit. Ripe, ready-to-eat avocados will be firm but give way to gentle pressure.
- Firm avocados will ripen faster when stored next to other fruit (within 2-3 days) - especially an apple or kiwi fruit due to the ethylene these fruits give off that naturally promotes ripening.
- You can also speed up ripening by placing the avocado in a paper bag and storing it at room temperature (2-5 days).
- Only refrigerate ripe or soft avocados. Avocados can be refrigerated until eaten and should last for at least 2 days.
- After cutting open the avocado, leave the pit inside and the skin on to help keep the remainder fresh.
- You may freeze cut-up avocado by wrapping it with plastic wrap to avoid air contact. Exposure to air will cause the avocado to brown. While the brown color may visually not be as appealing as green, there is no harm in eating a browning avocado.
- You can squeeze a few drops of lemon juice on the exposed surface of the avocado. The citric acid from the lemon juice can help prevent browning.

## Avocado Nutrition

- Rich in healthy monounsaturated fat
- High in fiber and low in net carbohydrates
- Loaded with vitamins and minerals including C, E, K, B6, riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium
- 1/2 an avocado (~100 grams) = 160 calories, 15 grams fat, 2 grams protein, 8.5 grams carbohydrate, 6.5 grams fiber (~3.75:1 ketogenic ratio)

