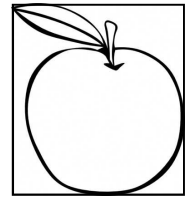


AVOCADO



In the garden:



http://newsroom.ucr.edu/images/releases/2635_0hi.jpg



<https://static.backyardfruit.com/images/products/hass-avocado-trees.jpg>

Ready to eat:



http://foodnetwork.sndimg.com/content/dam/images/food/fullset/2010/3/25/0/FNM_050110-Centerfold-003_s4x3.jpg.rend.sni18col.jpeg

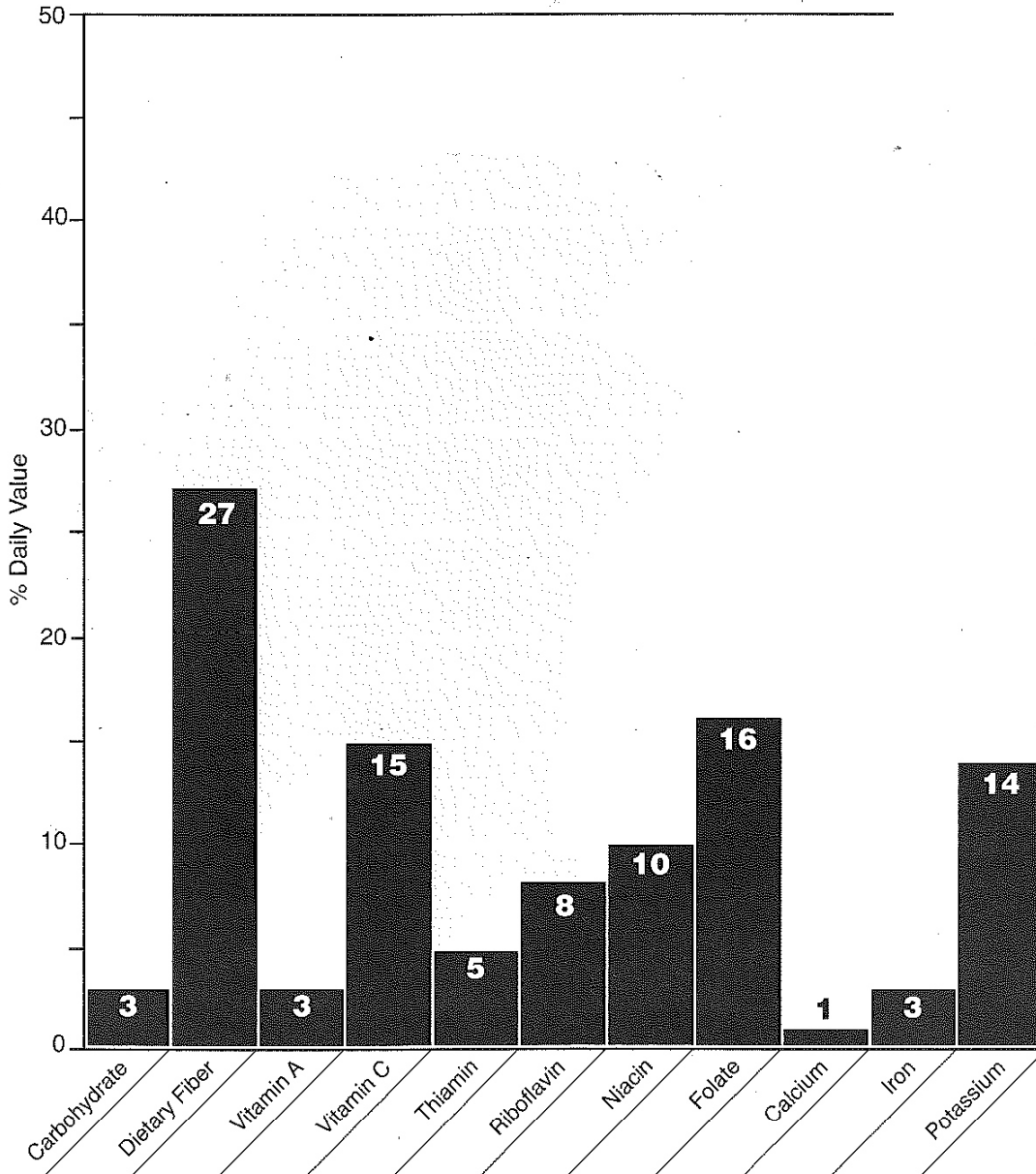


<http://astar.tv/wp-content/uploads/2015/12/Avocado-2.jpg>

FUN FACTS:

- **Avocados have the highest protein content of any fruit.**
- **Avocados are one of the few fruits that contain significant quantities of oil. Their oil type is very similar to that of olive oil.**
- **Avocados are available year-round in the United States and are supplied by two major producing areas: California and Florida.**

Avocado



Serving Size

- 1/2 Medium Avocado
- 100 Grams
- 167 Calories
 - 77% from fat
 - 4% from protein
 - 19% from carbohydrate
- 2 Grams Protein
- 9 Grams Carbohydrate
 - 7 grams dietary fiber
- 15 Grams Fat
- 72 Grams Water
- 8 Milligrams Sodium

From California Department of Education, 2007

Avocados are high in fiber to help digestion.

Avocado Melon Breakfast Smoothie



Ingredients:

- 1 large, ripe **avocado**
- 1 cup **honeydew melon**, cut in chunks (about 1 slice)
- 1/2 **lime**, juiced
- 1 cup fat-free **milk**
- 1 cup fat-free **plain yogurt**

Directions:

1. Cut avocado in half, remove pit.
2. Scoop out flesh, place in blender.
3. Add remaining ingredients; blend well.
4. Serve cold.

Adapted from: <https://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/avocado-melon-breakfast-smoothie>

Storage tips:

- Store ripe uncut avocados in the refrigerator for two to three days.
- Unripe and uncut avocados can take up to five days to ripen at room temperature.
- Ripe cut avocados will oxidize or "brown" if left unprotected. Sprinkle cut avocados with lemon or lime juice and wrap them with clear plastic wrap or place them in an air-tight container for about 1 day.

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