

The background of the entire image is a repeating pattern of avocados. Some are whole, showing their dark green, bumpy skin, while others are cut in half, revealing the light green flesh and the large brown pit. The avocados are arranged in a grid-like fashion against a dark purple background.

Benefits of Avocados

**1 Serving=1/3
Avocado (50g)**

80 calories

8g Fat

4g Carbs

1g Protein

0g Cholesterol

250mg Potassium

0g Sugar

3g Fiber

**~20 vitamins and
minerals**

**-Supports Heart and
Eye Health**

**-May Lower Cancer
Risks**

-Fiber Focused

-Cholesterol Free

-Sugar Free

-Less Than 2g of Salt

**-Packed with
Potassium**

-Vitamin A, B, E, and K

-Monounsaturated Fat

Avocado 101

How to pick, store and prepare fresh avocados.

How to pick the best fresh avocado

COLOR & TEXTURE



FIRM

Not Ripe
Days to Ripe: 4-5



BREAKING

Almost Ripe
Days to Ripe: 1-2



RIPE

Ready to Eat
Days to Ripe: 0



OVERRIPE

Past Ripe

Color alone doesn't determine ripeness, but **darker avocados may be riper than ones with lighter skin.** Large indentations are signs that the fruit has been bruised and shouldn't be purchased.

FIRMNESS



Place the avocado in the palm of your hand and squeeze lightly to avoid bruising. **If the avocado yields to gentle pressure, you know it's ripe and ready-to-eat.** If not, then the avocado will be ripe in 2-3 days. If the avocado feels mushy, it may be overripe.

How to store fresh avocados

FIRM, NOT RIPE



Firm, uncut avocados can be safely stored in the refrigerator for up to 2 weeks. They will continue to ripen while in the refrigerator, but at a slower rate.

RIPE & READY TO EAT



Ripe, uncut avocados can be safely stored in the refrigerator for up to a week. They will also continue to ripen but at a slower pace.

CUT AVOCADOS



To store a leftover avocado half leave the skin and pit, this will help limit the surface area exposed to air. Sprinkle with lemon or lime juice and place it in an air-tight container or tightly covered clear plastic wrap.

GUACAMOLE



Adding an acidic agent can help prevent oxidization when added on top of the guacamole. Place it in a air-tight container and press clear plastic wrap against the surface of the guacamole before covering. Store in the refrigerator no more than 12 hours.

Did you know you can freeze avocados to make the perfect smoothie?
Visit LoveOnetoday.com/freeze-avocados

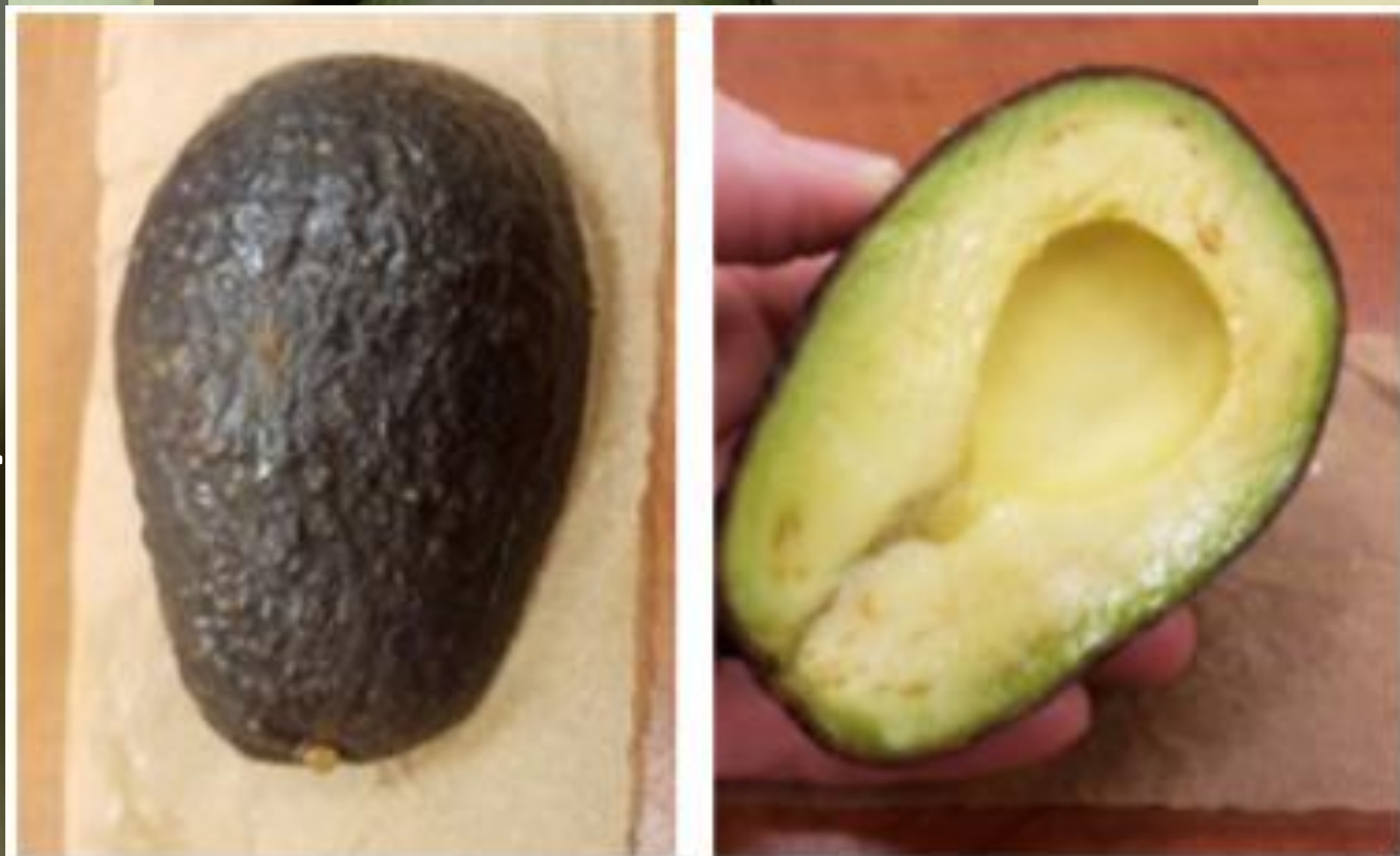
How to Choose and Store

Dark skinned avocados may be riper but not always.

Ripe avocados will yield to firm gentle pressure in the palm of your hand.

Gently squeeze without applying your fingertips as this can cause bruising and check the firmness of the avocado. See tips below for checking ripeness using “feel”.

To prevent avocados from turning brown turn them face down on parchment or plastic wrap.



Love One Today: How to Pick



REC ●

How to Cut an Avocado

How to cut or slice avocados in half

1. Place the avocado lengthwise on a secure surface.

**Tip: place a clean dish towel on your counter or under your cutting board to prevent slipping.*

2. Hold the avocado securely with one hand as shown in the photo.

3. Slice slowly down the center lengthwise around the seed, starting at the narrower end.

4. Holding the avocado in the palm of one hand, use your other hand to twist and rotate the two halves apart.

Love One Today: How to Cut and Peel

Avocado 101

How to pick, store and prepare fresh avocados.

How to prepare your fresh avocado

CUT AVOCADO IN HALF



Wash hands and rinse avocado. Starting at the narrower end, slice slowly down the center lengthwise around the seed. Hold the avocado and twist the two halves apart.

REMOVE SEED



Slip a spoon between the seed and avocado and gently work the seed out of the fruit, or cut the avocado half into quarters around the seed and remove it by hand.

PEEL



Cut into wedges, then grasp the outer dark layer and pull it away from the inner green avocado. If darker portions of the skin remain on the avocado, cut them away.

LoveOneToday.com/how-to-prepare

Fresh avocados have many benefits

SERVING SIZE IS A THIRD OF A MEDIUM SIZE AVOCADO (50G)

Avocados are a heart-healthy fruit. Many factors affect heart disease. Eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.

80 calories per serving, plus cholesterol- and sugar-free.

A good source of folate (folic acid), which is important for proper brain and spine development. Adequate intakes may reduce the risk of premature births and birth defects.

Naturally good fats which help the body absorb fat-soluble nutrients without raising LDL ("bad") cholesterol levels when eaten as part of a healthy diet.

250mg of potassium—which can help your body build muscle and break down and use carbohydrates.

A good source of fiber that adds bulk to the diet and can help you feel full faster. And contains nearly **20 vitamins, minerals and nutrients.**

fresh avocados

**LOVE
ONE TODAY**

nutrient-dense • heart-healthy

Fresh avocados are delicious all by themselves, in guacamole, on salads, soups and sandwiches, for breakfast, lunch, dinner and snacks. Visit LoveOneToday.com for recipe ideas.



Avocado Snickerdoodles

Avocado Snicker Doodles

Makes 12-15 cookies, 15 minutes prep time, 10 minutes bake time

1 avocado-mashed (~ ½ Cup or 115g)

1 cup Sugar Granulated (200g)

2 eggs

1.5 cups All-Purpose Flour (or Wheat Flour)

½ tsp. baking soda

½ tsp. baking powder

¼ tsp salt

¼ tsp. Cream of Tartar (optional)

Cinnamon Sugar for Rolling

Instructions: Preheat oven to 375° F.

Beat together sugar, eggs, and avocado in a bowl with a mixer. (a hand mixer can be an excellent low-cost investment for ~10.00-20.00 from a discount store)

Mix the dry ingredients (except rolling sugar) in a separate bowl. Flour, baking soda, baking powder, and salt.

Add the dry mix into the avocado and sugar slowly.

Form 2" balls, roll them in cinnamon sugar if desired and place them on a parchment-lined baking sheet ~2" apart. You can press them gently to stay in place.

Bake for 12-15 minutes. Allow to slightly cool and stiffen before removing them from the baking sheet.

***Pro Tip:** Avocado dough can be slightly sticky compared to regular dough. You may need a dusting of flour on hands and surfaces when working with this dough. I use a small ice cream scoop/serving scoop to drop cookies in cinnamon and sugar mixture. Taking a spoon, pour more cinnamon sugar over the dough and then roll into a ball to avoid sticky hands.



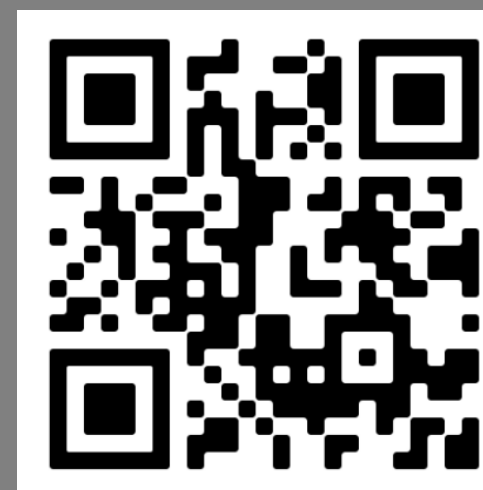
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Step By Step Avocado Snickerdoodles

Avocado Snickerdoodle Cookies



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