Buenos Días Avo
**INGREDIENTS**

- 2 cups peeled and diced beets about ½ pound
- 2 cups peeled cored and diced pineapple (about ½ pound)
- 3/4 cups fresh squeezed orange juice
- 1/2 Avocado From Mexico pitted, meat scooped out

**DIRECTIONS**

1. For a smoothie: Place all ingredients in the blender, and puree until completely smooth.

2. For juice: Pass the beets and pineapple through a juicer. Place the beet and pineapple juice in blender along with the avocado and orange juice, and puree until smooth.
BAKED AVOCADO EGG BOATS

SERVES: 4

INGREDIENTS

- 2 medium Avocados From Mexico
- 4 small eggs
- 2 Tbsp lime juice (or 1 lime)
- kosher salt (to taste)
- fresh cracked pepper (to taste)
- Paprika (to taste)
- Optional: Serve with chopped cilantro or chives chopped tomatoes, hot sauce.

DIRECTIONS

1. Adjust oven rack to middle position and pre-heat oven to 425 degrees. Cut each avocado in half and remove the pit. Using a spoon, scrape out the center of each halved avocado so that there is room for 1 egg (1-1/2 Tbsp).

2. Using fresh lime juice, squeeze over the avocado halves and season lightly with salt. Place avocados in a shallow baking pan so that they are supported and will not tip over.

3. Crack eggs carefully into a medium bowl and keep yolks in tact. Once you have cracked all of your eggs, carefully spoon each yolk out of the bowl and place one in each half of an avocado. You can add remaining egg whites as desired and as space permits.

4. Gently place baking pan in the oven for 15 minutes. Check eggs to see if they are cooked so that the egg white is not runny. Remove from the oven and garnish with salt, pepper and paprika.

Nutrition Facts

- Servings per container: 4
- Serving Size: (121g)
- Calories: 180
- Total Fat: 15g (19%)
- Saturated Fat: 9g (13%)
- Cholesterol: 140mg (47%)
- Sodium: 535mg (22%)
- Total Carbohydrate: 2g (1%)
- Dietary Fiber: 3g (11%)
- Total Sugars: 0g
- Includes: 0g Added Sugars
- Protein: 7g

Servings of this recipe are low in sodium, vitamin D, iron and potassium. For more information, please visit www.avocadosfrommexico.com.
Avocado, Corn, and Cheese Scramble

INGREDIENTS
• 1 Avocado From Mexico halved, pitted, peeled, and diced
• 8 eggs
• 1/2 cup corn kernels fresh or frozen
• 1/4 teaspoon salt
• 2 tablespoons butter
• 1/2 cup red onion chopped
• 4 ounces small Pepper Jack cheese cubed about 1 cup

DIRECTIONS
1. In a large bowl, beat eggs until frothy; stir in corn and salt; set aside.
2. In a large skillet, melt butter over medium heat.
3. Add onion; sauté until lightly browned, about 3 minutes.
4. Add egg mixture; cook and stir gently until mixture begins to set, about 2 minutes.
5. Stir in cheese; cook and stir until eggs are firm, about 3 minutes longer.
6. Remove pan from heat.
7. Fold in avocado and transfer to serving platter. Serve with warm tortillas, if desired.

Nutrition Facts
4 servings per container
Serving size (211g)

- Calories 390
- Total Fat 30g (48%)
- Saturated Fat 12g (60%)
- Trans Fat 0g
- Cholesterol 455mg (152%)
- Sodium 335mg (14%)
- Total Carbohydrate 11g (4%)
- Dietary Fiber 2g (7%)
- Total Sugars 2g
- Includes 0g Added Sugars
- Protein 21g

*If a % Daily Value(%) is more than 20%, it contributes to a total diet. 2,000 calories a day is used for general nutrition advice.
AVOCADO BANANA AND WALNUT MUFFINS

SERVES: 12

INGREDIENTS

- 1/2 cup mashed fully ripened
- Avocado From Mexico about 1 medium
- 1/2 cup mashed ripe banana about 2 small
- 2 large eggs
- 1/2 cup low-fat (1%) milk
- 2 cups unbleached all-purpose flour
- 3/4 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 cup chopped walnuts

DIRECTIONS

1. Heat oven to 375°F. Coat cups in muffin tin with 12 cavities with cooking spray.

2. In a large bowl, mix Avocado, bananas, eggs and milk. In a separate bowl, whisk or sift together flour, sugar, baking soda and salt. Stir dry ingredients into the wet Avocado mixture; do not overmix. Stir in walnuts.

3. Spoon batter into prepared muffin tin, filling cups to top. Bake for 18-20 minutes or until tops start to brown and a toothpick inserted into a muffin comes out clean.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (65g)</th>
<th>Servings Per Container</th>
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<td>Amount Per Serving</td>
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<tr>
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<tr>
<td>Trans Fat 0g</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Avocado Banana
And Walnut
Muffins
SERVES: 1-2

• 3 tsp extra virgin olive oil
• 1/3 cup White onion Minced
• 1/4 cup green bell pepper diced
• 1/2 cup ham diced
• 1 medium tomato diced
• 1/4 tsp black pepper
• 3 large eggs Beaten
• 1/2 cup Cheddar or Mexican blend cheese shredded
• 1/2 ripe Avocado From Mexico pitted peeled and sliced

INGREDIENTS

DIRECTIONS

1. In a large sauté pan, over medium-high heat combine 1 teaspoon olive oil, onion, bell pepper and ham; sauté this mixture for five minutes until soft.

2. Add tomatoes and black pepper and sauté for one more minute to warm the tomatoes.

3. Transfer this mixture to a bowl and set aside.

4. Use a paper towel to wipe the pan, add 2 teaspoons olive oil and heat over medium-high heat.

5. Add the eggs, reduce the heat to medium, cover, and cook until the omelet sets, about 2 minutes.

6. Reduce heat to low and sprinkle the surface with 1/4 cup of cheese and the ham and vegetable mixture.

7. Use a spatula to gently fold the omelet in half.

8. Sprinkle the top of the omelet with the rest of the cheese.

9. Cover the pan and allow omelet to cook for another 30 seconds or until the cheese melts.

10. Place the omelet on a serving plate, top with avocado slices, and serve.

Nutrition Facts

Calories 450

Total Fat 34g

Saturated Fat 13g

Trans Fat 0g

Cholesterol 260mg

Sodium 290mg

Total Carbohydrate 13g

Dietary Fiber 3g

Sugars 4g

Includes 0g Added Sugars

Protein 27g

Vitamin D 0mcg

Calcium 53mg

Iron 2mg

Potassium 876mg

*The % Daily Value tells you how much of a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.