

CALIFORNIA AVOCADOS



Recipes for a Plant-Based Diet
Vegetarian and Vegan Recipes Inside



Leafy Green Salad with Fresh Figs, Beets and Avocado

FOR RECIPE SEE PAGE II





Eating more fruits and vegetables, as well as other plant-based foods, may be one of the best things you can do for your health.

Most nutrition guidelines recommend eating a variety of fruits and vegetables, whole grains and plant-based fats and oils.

Whether you follow a vegetarian or vegan diet or simply are looking for ways to include more fresh fruits and vegetables in your diet, the California Avocado recipes in this booklet provide 20 delicious ways to enjoy produce-rich dishes.



STUFFED CALIFORNIA AVOCADOS FOUR WAYS

Fresh California Avocados make naturally delicious and nutritious bowls for just about any filling you can imagine. Use one small halved avocado or one-half large avocado, remove the seed and if desired spoon a little of the avocado out to make a larger opening. A #30 ice cream/cookie scooper [disher] works very well to fill small avocados. Fill with whole grains, veggie salads, proteins and more. Here are four filling ideas to get you started:

1 Veggie Scrambled Egg

Sauté colorful peppers and other veggies in a little olive oil until tender. Top with beaten egg and stir softly until eggs are set.

2 Mediterranean Pickled Veggies

Mix pitted olives with pickled veggies such as beets, artichoke hearts, turnips, cucumbers, roasted peppers, carrots, beans or red onion. Top with balsamic vinegar if desired. Other pickled and fermented foods such as kimchi and sauerkraut make great fillings too.

3 Quinoa Veggie Salad

Mix cooked quinoa with lemon zest and lemon juice, halved grape tomatoes and fresh basil leaves. Other whole grains such as barley and bulgur, as well as legumes such as garbanzos and lentils also make delicious fillings for California Avocados.

4 Roasted Cauliflower Crumbles & Brussels Sprouts

Combine cauliflower crumbles and shredded Brussels sprouts with a little olive oil and sea salt. Roast in a 400°F oven or in a grill pan for about 10 minutes or until lightly browned. Brush avocado halves with oil and grill, cut-side down, for about 2 minutes. Spoon roasted veggies into grilled avocado.



CALIFORNIA AVOCADO OATMEAL

Recipe created by Sara O'Donnell of AverageBetty.com

Serves 1 **Time 10 minutes** **VEGETARIAN**

INGREDIENTS

¼ ripe, Fresh California Avocado	1	tsp. reduced-sodium soy sauce*
½ cup oats	1	tsp. brown sugar*
⅓ cup coconut milk [carton, not canned]	1	tsp. milled chia seeds
¼ cup water	1	tsp. toasted sesame seeds
	1	tsp. chopped green onions

*Original recipe calls for regular soy sauce. For a vegan recipe make sure the soy sauce is specified as vegan and use a vegan sweetener in place of the brown sugar.

INSTRUCTIONS

Mash half of the avocado and slice the other half. Prepare oatmeal according to package directions using coconut milk, water, soy sauce and brown sugar. Stir mashed avocado and chia seeds into prepared oatmeal. Garnish with sesame seeds and green onions.

Nutrition Information Per Serving: Calories 440; Total Fat 12 g (Sat 2 g, Trans 0 g, Poly 4 g, Mono 6 g); Cholesterol 0 mg; Sodium 170 mg; Potassium 730 mg; Total Carbohydrates 63 g; Dietary Fiber 12 g; Total Sugars 7 g; Protein 15 g. % Daily Value*: Vitamin A 4%; Vitamin C 6%; Calcium 20%; Iron 25%



CALIFORNIA AVOCADO TOAST WITH PICKLED RED ONIONS, EGG AND ESLETTE PEPPER

Recipe created by Chef Maxine Siu, Plow, San Francisco, CA

Serves 1 **Time 7 minutes** **VEGETARIAN**

INGREDIENTS

1 slice ¼"-thick country bread	Pickled Red Onions , to taste [make-ahead recipe below yields 1 cup]
½ tsp. extra virgin olive oil	½ cup champagne vinegar
Kosher salt, to taste	½ cup water
½ ripe, Fresh California Avocado, seeded, peeled and thinly sliced	1 Tbsp. sugar
1 egg, softly poached	½ tsp. kosher salt
Eslette pepper, to taste	1 bay leaf
	1 chile de arbol
	1 red onion, thinly sliced

INSTRUCTIONS

Drizzle sliced bread with oil. Toast on non-stick frying pan or griddle until golden brown. Sprinkle toasted bread very lightly with salt. Place avocado slices on top of bread and sprinkle lightly with another pinch of salt. Top with pickled red onions and egg. Sprinkle egg with Eslette pepper.

Pickled Red Onions

Bring to a boil all the ingredients except the onions. Pour the hot liquid over the onion slices. Let sit for an hour before serving. The onions can be stored, refrigerated, for up to one week.

Nutrition Information Per Serving using 1 Tbsp. drained pickled red onions: Calories 430; Total Fat 25 g (Sat 4 g, Trans 0 g, Poly 4 g, Mono 15 g); Cholesterol 185 mg; Sodium 720 mg; Potassium 470 mg; Total Carbohydrates 40 g; Dietary Fiber 6 g; Total Sugars 7 g; Protein 12 g. % Daily Value*: Vitamin A 10%; Vitamin C 10%; Calcium 10%; Iron 20%



TOMATO-STUDDED GUACAMOLE WITH SCALLIONS AND CHILI

Recipe created by Michelle Dudash, RDN

Serves 8 **Time 10 minutes** **VEGAN**

INGREDIENTS

- | | | | |
|---|--|---|--|
| 4 | ripe, Fresh California Avocados, seeded and peeled | ¼ | tsp. chili powder |
| 1 | scallion, green part only, thinly sliced | ½ | tsp. salt |
| 2 | Tbsp. chopped cilantro or Italian flat-leaf parsley | ¼ | tsp. freshly ground black pepper |
| 1 | Tbsp. lime juice | ½ | tsp. fresh garlic or ⅓ tsp. garlic powder |
| 1 | medium jalapeño, seeds and inner membranes removed, minced | 1 | tiny pinch oregano, crumbled between fingers |
| | | 1 | cup seeded and diced [¼"] tomato* |

INSTRUCTIONS

Mash avocado until chunky. Stir in remaining ingredients except tomato. Taste and adjust seasonings as desired. If not serving immediately cover with plastic wrap pressed directly on the surface of the guacamole to prevent browning and refrigerate. Upon serving stir in half of the tomatoes and sprinkle the other half on top.

*Since tomatoes release water when in contact with salt, stir in only enough tomatoes for the amount of guacamole you will enjoy immediately to prevent a watered-down version.

Nutrition Information Per Serving: Calories 130; Total Fat 12 g (Sat 1.5 g, Trans 0 g, Poly 1.5 g, Mono 7 g); Cholesterol 0 mg; Sodium 160 mg; Potassium 450 mg; Total Carbohydrates 8 g; Dietary Fiber 5 g; Total Sugars < 1 g; Protein 2 g. % Daily Value*: Vitamin A 8%; Vitamin C 20%; Calcium 0%; Iron 4%



DULCINEA PUREHEART® WATERMELON SALSA WITH CALIFORNIA AVOCADOS

Recipe courtesy of Dulcinea

Serves 8 **Time 15 minutes** **VEGAN**

INGREDIENTS

- | | | | |
|---|---|---|--------------------------------|
| 3 | cups chopped Dulcinea Pureheart® Mini Seedless Watermelon | 1 | Tbsp. chopped jalapeño |
| 2 | ripe, Fresh California Avocados, seeded, peeled and diced | ½ | cup chopped green bell peppers |
| 1 | Tbsp. minced fresh cilantro | 2 | Tbsp. lime juice |
| | | 2 | Tbsp. chopped green onions |
| | | ½ | Tbsp. garlic salt |

INSTRUCTIONS

Combine all ingredients and mix well. Serve immediately or cover and refrigerate for up to 1 hour.

Nutrition Information Per Serving: Calories 80; Total Fat 6 g (Sat 0.5 g, Trans 0 g, Poly 0.5 g, Mono 4 g); Cholesterol 0 mg; Sodium 180 mg; Potassium 260 mg; Total Carbohydrates 9 g; Dietary Fiber 2 g; Total Sugars 4 g; Protein 2 g. % Daily Value*: Vitamin A 8%; Vitamin C 30%; Calcium 0%; Iron 4%



ABBOTT FAMILY GAZPACHO WITH CALIFORNIA AVOCADO

Recipe created by California Avocado growers Duncan and Meredith Abbott

Serves 4 **Time 1 Hour** **VEGAN**

INGREDIENTS

2 cups vegetarian broth	1 clove garlic
½ cup fresh lemon juice	½ tsp. ground black pepper
2 Tbsp. olive oil	Kosher salt, to taste
10 Roma tomatoes, chopped	½ hot house cucumber, peeled, cut in half lengthwise and thinly sliced
1 ½ large green bell peppers, chopped	1 ripe, Fresh California Avocado, seeded, peeled and cut into 1" cubes
1 small red onion, chopped	
1 Tbsp. paprika	

INSTRUCTIONS

In a blender or food processor add all ingredients except salt, cucumber and avocado. Pulse until mixture is slightly chunky; it should not be completely smooth. Salt to taste and chill until ready to serve. Pour chilled gazpacho into soup bowls and top with cucumber and avocado.

Nutrition Information Per Serving: Calories 220; Total Fat 13 g (Sat 1.5 g, Trans 0 g, Poly 2 g, Mono 9 g); Cholesterol 0 mg; Sodium 360 mg; Potassium 1270 mg; Total Carbohydrates 25 g; Dietary Fiber 7 g; Total Sugars 13 g; Protein 6 g. % Daily Value*: Vitamin A 70%; Vitamin C 160%; Calcium 6%; Iron 10%



SPRING GREEN CALIFORNIA AVOCADO RAMEN

Recipe created by Rachel Hutchings of LaFujiMama.com

Serves 4 **Time 20 minutes** **VEGETARIAN**

INGREDIENTS

4 large eggs	according to package directions then rinsed under cool water and drained thoroughly
6 cups vegetarian broth*	
4 cloves garlic, thinly sliced	
1 ripe, Fresh California Avocado, seeded, peeled and cut in half	1 ripe, Fresh California Avocado, seeded, peeled and cut into thin slices
12 oz. dried chuka soba noodles [or chow mein noodles], cooked	1 cup watercress leaves
	8 scallions, thinly sliced

*La Fuji Mama's original recipe calls for chicken broth

INSTRUCTIONS

On high heat, bring water in a 4-quart saucepan to a boil. Gently lower eggs into boiling water. Lower heat to medium-high; cook eggs for 6 minutes. Transfer eggs to an ice bath to cool completely. In another saucepan bring broth and garlic to a boil; reduce heat to medium-low and simmer for 3 minutes. Remove from heat. Put one avocado half in blender. Pour half of broth over avocado and blend until creamy. Pour mixture into a clean saucepan and repeat with remaining avocado half and broth. Carefully peel eggs and cut in halves. Separate cooked noodles into 4 bowls; ladle broth over noodles. Top each bowl with eggs, avocado slices, watercress and scallions. Serve immediately.

Nutrition Information Per Serving: Calories 530; Total Fat 18 g (Sat 4 g, Trans 0 g, Poly 3 g, Mono 10 g); Cholesterol 185 mg; Sodium 390 mg; Potassium 720 mg; Total Carbohydrates 78 g; Dietary Fiber 6 g; Total Sugars 4 g; Protein 19 g. % Daily Value*: Vitamin A 20%; Vitamin C 30%; Calcium 10%; Iron 15%



CALIFORNIA AVOCADO AND WHITE BEAN WRAP

Recipe created by Michelle Dudash, RDN

Serves 2 **Time 10 minutes** **VEGAN**

INGREDIENTS

- | | |
|---|--|
| ½ cup canned white beans, rinsed and drained | ¼ red bell pepper, cut into thin strips |
| 1 tsp. balsamic vinegar, plus additional for drizzling | ¼ tsp. salt-free garlic and herb seasoning |
| 1 (8") low sodium whole grain tortilla | Freshly ground black pepper, to taste |
| ½ ripe, Fresh California Avocado, seeded, peeled and sliced | ½ cup baby spinach |

INSTRUCTIONS

Mash beans and balsamic vinegar together. Spread a thin layer of mixture on the bottom two-thirds of the tortilla plus spread a line at the top edge of the tortilla to help seal it after wrapping. Lay avocado on top of beans. Place bell pepper strips in a horizontal line above the avocado. Sprinkle with seasoning and pepper. Top with spinach and drizzle a few drops of balsamic vinegar over it. Roll tortilla tightly, starting at the bottom. Cut in half diagonally. For optimal freshness enjoy on same day of preparation.

Nutrition Information Per Serving: Calories 170; Total Fat 6 g (Sat 1 g, Trans 0 g, Poly 1 g, Mono 4 g); Cholesterol 0 mg; Sodium 60 mg; Potassium 590 mg; Total Carbohydrates 26 g; Dietary Fiber 6 g; Total Sugars 2 g; Protein 6 g. % Daily Value*: Vitamin A 25%; Vitamin C 40%; Calcium 8%; Iron 15%

POWER YOUR DIET WITH PLANT-BASED PROTEIN AND HEALTHY FATS

California Avocados make a great addition to a plant-based diet because they:

- 🥑 Feature “good” mono and polyunsaturated fats
- 🥑 Contribute nearly 20 vitamins, minerals and beneficial plant compounds
- 🥑 Provide satiety to help you feel satisfied for longer

CALIFORNIA AVOCADOS ARE A NUTRITIOUS “SUPERFOOD”

Nutrient-dense, this naturally sodium and cholesterol free fruit contains 50 calories and contributes nearly 20 vitamins, minerals and phytonutrients per serving (1 ounce) making them a nutritious choice for a healthful diet.



GETTING THE MOST FROM YOUR AVOCADOS

The greatest concentration of beneficial carotenoids is in the dark green fruit of the avocado closest to the peel.

To get to the nutrient-rich fruit directly under the peel, one should nick and peel the skin from the avocado.

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Large avocados are recommended for these recipes, except as noted. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly. As with all fruits and vegetables, wash avocados before cutting.



LEAFY GREEN SALAD WITH FRESH FIGS, BEETS AND AVOCADO

Recipe created by Bonnie Taub-Dix, MA, RDN, CDN

Serves 6 **Time 15 minutes**

VEGAN
(without optional feta cheese)

INGREDIENTS

3 cups baby spinach leaves	1 ripe, Fresh California Avocado, seeded, peeled and diced
3 cups baby arugula leaves	
½ cup each red and orange grape tomatoes, halved	¼ cup sliced almonds
½ yellow bell pepper, chopped and julienned	½ cup fresh figs, quartered*
½ cup fresh, raw beets, peeled and thinly sliced	¼ cup feta cheese, crumbled [optional]
¼ cup jicama, peeled and cut into thin matchstick strips	½ tsp. orange zest
	2 Tbsp. almond oil
	Drizzle of balsamic glaze or aged balsamic vinegar

*sliced strawberries or small watermelon cubes may be used instead of figs

INSTRUCTIONS

Wash and spin dry spinach and arugula; place in a large serving bowl. Add tomatoes, bell pepper, beets and jicama; gently toss with greens. Top with avocado, almonds, feta (if using) and orange zest. Evenly drizzle with almond oil and balsamic glaze.

Nutrition Information Per Serving (without optional feta cheese): Calories 170; Total Fat 12 g (Sat 1.5 g, Trans 0 g, Poly 2 g, Mono 8 g); Cholesterol 0 mg; Sodium 35 mg; Potassium 550 mg; Total Carbohydrates 14 g; Dietary Fiber 5 g; Total Sugars 7 g; Protein 3 g, % Daily Value*: Vitamin A 40%; Vitamin C 70%; Calcium 6%; Iron 8%



AVOCADO-CITRUS SALAD WITH TOASTED SESAME

Recipe created by Chef Pink of Bacon & Brine, Solvang, CA

Serves 4 **Time 10 minutes** **VEGETARIAN**

INGREDIENTS

Vinaigrette

2 Tbsp. sugar*	2 sprigs mint, chopped
¼ cup pomelo** juice	½ cup extra virgin olive oil
¼ cup champagne vinegar	1 tsp. fine sea salt

Salad

2 ripe, Fresh California Avocados	1 large pomelo**, peeled and segmented
2 cups wild arugula, washed and rinsed	¼ cup toasted sesame seeds
	Edible flowers, as needed

*substitute beet sugar or other vegan sweetener for a vegan recipe

**or other locally grown citrus fruit

INSTRUCTIONS

Mix all ingredients for vinaigrette in a blender. Toss arugula with half of vinaigrette and place on serving platter. Top with avocado and pomelo. Garnish with sesame seeds and edible flowers; serve immediately with remaining vinaigrette alongside.

Nutrition Information Per Serving: Calories 460; Total Fat 44 g (Sat 6 g, Trans 0 g, Poly 5 g, Mono 31 g); Cholesterol 0 mg; Sodium 380 mg; Potassium 560 mg; Total Carbohydrates 20 g; Dietary Fiber 7 g; Total Sugars 8 g; Protein 4 g, % Daily Value*: Vitamin A 8%; Vitamin C 60%; Calcium 10%; Iron 10%



CALIFORNIA GARLIC BREAD WITH SAUTÉED SPINACH AND AVOCADOS

Recipe created by Colleen of SouffléBombay.com

Serves 4 **Time 20 minutes** **VEGETARIAN**

INGREDIENTS

- | | |
|--|---|
| 6 Tbsp. butter* | 1 cup halved grape tomatoes |
| 3 Tbsp. minced garlic (divided) | 1 yellow pepper, stem, seeds and membrane removed, sliced |
| Kosher salt & pepper | |
| ½ large loaf whole wheat ciabatta [sliced lengthwise from full loaf] | 1 ripe, Fresh California Avocado, seeded and peeled |
| 1 Tbsp. grapeseed or olive oil (divided) | Red pepper, optional |
| 4 cups fresh spinach | Balsamic Reduction/Glaze |
| 1 lemon, juiced | |

*substitute olive oil for a vegan recipe

INSTRUCTIONS

Preheat oven to 400°F. Melt butter; add in ⅔ of the garlic, season with salt and pepper, stir and set aside. Place bread onto baking sheet and liberally brush it with garlic butter. Set aside. In a small skillet, sauté 2 tsp. oil and remaining garlic for 1 minute; add in spinach and stir **just until spinach begins to wilt**. Remove from heat, squeeze a few drops of lemon juice, stir and spread it over-top of prepared bread. In same pan, add tomatoes and peppers; sauté for 2 minutes. Place atop the spinach-topped bread, season with salt and pepper (and red pepper for some heat). Bake for 10-12 minutes. While the bread bakes, cut avocado into bite-sized chunks. Toss avocado with 1 tsp. oil, salt, red pepper, a small squeeze of fresh lemon juice and toss. Top baked garlic bread with avocado and drizzle with balsamic reduction/glaze.

Nutrition Information Per Serving: Calories 460; Total Fat 30 g (Sat 12 g, Trans 0 g, Poly 4 g, Mono 9 g); Cholesterol 45 mg; Sodium 440 mg; Potassium 460 mg; Total Carbohydrates 38 g; Dietary Fiber 5 g; Total Sugars 3 g; Protein 9 g. % Daily Value*: Vitamin A 70%; Vitamin C 35%; Calcium 4%; Iron 25%



FARRO WITH CALIFORNIA AVOCADO, TOMATO AND BASIL

Recipe created by Pam Anderson, ThreeManyCooks.com

Serves 2 **Time 10 minutes** **VEGAN**
(without optional Parmesan cheese)

INGREDIENTS

- | | |
|-----------------------------------|--|
| 2 cups farro | 2 ripe, Fresh California Avocados, seeded and peeled |
| 2 cups cherry tomatoes, halved | |
| ⅛ tsp. salt | 3 large cloves garlic, minced |
| 1 Tbsp. extra virgin olive oil | ¼ cup lemon juice |
| ½ cup (packed) fresh basil leaves | ¼ cup grated Parmesan cheese (optional) |

Variation

Add local seasonal vegetables to the water and cook with the farro.

INSTRUCTIONS

Bring 2 quarts salted water to a boil. Add farro; cook partially covered, stirring frequently at first, until just tender with a little chew (about 30 minutes or per package instructions). Reserving 1 cup of farro water, drain and return to pot. Meanwhile lightly sprinkle tomatoes with pinch of salt. Add oil and basil; toss to coat and set aside. Dice ¼ avocado and reserve for garnish. Mash remaining avocado; add garlic and lemon juice and stir to combine. Add avocado mixture to farro along with enough cooking liquid to create a light creamy sauce. Stir in tomatoes and top with reserved diced avocados. Sprinkle with cheese if desired; serve.

Nutrition Information Per Serving (not including optional Parmesan cheese): Calories 420; Total Fat 17 g (Sat 3 g, Trans 0 g, Poly 2 g, Mono 11 g); Cholesterol <5 mg; Sodium 200 mg; Potassium 640 mg; Total Carbohydrates 55 g; Dietary Fiber 10 g; Total Sugars 3 g; Protein 14 g. % Daily Value*: Vitamin A 8%; Vitamin C 45%; Calcium 15%; Iron 10%



GRILLED ARTICHOKE WITH CALIFORNIA AVOCADO

Recipe created by Chef Pink of Bacon & Brine, Solvang, CA

Serves 4 side dishes or 2 entrees **Time** 1 hour 15 minutes **VEGAN**

INGREDIENTS

2	large California artichokes	1	Tbsp. olive oil
2	cups white wine [vegan]	2	ripe, Fresh California Avocados
2	cups water	1	lemon
1	head garlic	4	Tbsp. chopped parsley
	Sea salt to taste		

INSTRUCTIONS

Preheat oven to 400°F. Trim and half artichokes, clean out thistle above the hearts carefully with a spoon and discard. Place artichokes into shallow oven-safe pan filled with white wine and water. Smash two garlic cloves and set aside. Rough chop and smash remaining garlic and place into pan with artichokes. Place in oven for 45 minutes to 1 hour or until they are falling apart tender. Remove from pan and drain. Sprinkle each half artichoke with sea salt and then drizzle with olive oil. Get grill pan super-hot. Place artichokes on the grill until nice grill marks are achieved; remove from pan and set aside. Seed, peel and smash avocado. Place in a separate bowl with reserved garlic, zest and strained juice of one lemon and chopped parsley; mix. Sprinkle with sea salt and taste, adding more if needed. Spoon avocado mixture into artichoke halves and serve.

Nutrition Information Per Serving (1/2 artichoke, stuffed): Calories 220; Total Fat 19 g (Sat 2.5 g, Trans 0 g, Poly 2 g, Mono 12 g); Cholesterol 0 mg; Sodium 90 mg; Potassium 580 mg; Total Carbohydrates 15 g; Dietary Fiber 10 g; Total Sugars 1 g; Protein 3 g. % Daily Value*: Vitamin A 8%; Vitamin C 30%; Calcium 2%; Iron 6%



CREAMY CALIFORNIA AVOCADO SAUCE

Recipe created by Dara Michalski of CookingCanuck.com

California Avocados make a delicious, creamy base for sauces and spreads.

Serves 8 **Time** 5 minutes **VEGETARIAN**

INGREDIENTS

1	ripe, Fresh California Avocado, seeded, peeled and diced	1	Tbsp. fresh lime juice
		1	Tbsp. olive oil
¼	cup minced cilantro	½	small chipotle pepper, chopped
2	Tbsp. nonfat plain Greek yogurt	⅛	tsp. salt

INSTRUCTIONS

In the bowl of a food processor or blender, combine all ingredients. Puree until smooth.

Note: this Creamy California Avocado Sauce accompanies a delicious vegan black bean sliders recipe. It can be found here

<http://bit.ly/bean-slider-avocado>

Nutrition Information Per Serving: Calories 50; Total Fat 4.5 g (Sat 0.5 g, Trans 0 g, Poly 0.5 g, Mono 3 g); Cholesterol 0 mg; Sodium 40 mg; Potassium 105 mg; Total Carbohydrates 2 g; Dietary Fiber 1 g; Total Sugars 0 g; Protein <1 g. % Daily Value*: Vitamin A 0%; Vitamin C 4%; Calcium 0%; Iron 0%



CALIFORNIA AVOCADO SMOOTHIE

Recipe created by Sara O'Donnell of AverageBetty.com

Serves 1 **Time 5 minutes** **VEGAN**

INGREDIENTS

- | | | | |
|---|-------------------------|---|---------------------------|
| ½ | ripe, Fresh California | 1 | cup fresh spinach, packed |
| | Avocado, seeded, peeled | 1 | cup chopped pineapple* |
| | and chopped | ½ | tsp. chopped ginger root |
| 1 | cup water or coconut | | |
| | water | | |

*may use frozen diced pineapple for a thicker, colder smoothie

INSTRUCTIONS

Place all ingredients in a blender and combine until smooth.

Nutrition Information Per Serving (using water in preparation): Calories 200; Total Fat 12 g (Sat 1.5 g, Trans 0 g, Poly 1.5 g, Mono 7 g); Cholesterol 0 mg; Sodium 15 mg; Potassium 230 mg; Total Carbohydrates 7 g; Dietary Fiber 7 g; Total Sugars 16 g; Protein 2 g. % Daily Value*: Vitamin A 6%; Vitamin C 130%; Calcium 4%; Iron 6%



RAW CHOCOLATE CALIFORNIA AVOCADO MOUSSE

Recipe created by Chef Kim Morabito

Serves 6 **Time** **VEGAN**

3 hours 45 minutes
including 3½ hours
inactive time

INGREDIENTS

- | | | | |
|-----|------------------------------|---|-------------------------|
| 2 ¾ | oz. raw cashews | 2 | tsp. vanilla extract |
| | [soaked 3 hours] | 1 | tsp. vanilla powder |
| 3 | oz. extra virgin coconut oil | | [optional] |
| 6 | oz. agave nectar | 1 | tsp. ground cinnamon |
| 6 | oz. cold purified water | ⅛ | tsp. sea salt |
| 2 | oz. unsweetened | 1 | ripe, Fresh California |
| | cacao powder | | Avocado, seeded, peeled |
| ¾ | oz. organic, non-GMO | | and coarsely chopped |
| | soy lecithin granules | | |

INSTRUCTIONS

Drain the soaked cashews. Place all ingredients except the avocado into a food processor or high-powered blender. Process until smooth. Add the chopped avocado to mixture and process while occasionally scraping down the sides of the bowl until mixture is silky smooth. Divide mixture evenly into 6 bowls or glasses. Refrigerate at least 30 minutes to set before serving. For a much firmer mousse refrigerate 8 hours or more.

Nutrition Information Per Serving: Calories 380; Total Fat 28 g (Sat 15 g, Trans 0 g, Poly 4 g, Mono 7 g); Cholesterol 0 mg; Sodium 40 mg; Potassium 390 mg; Total Carbohydrates 34 g; Dietary Fiber 5 g; Total Sugars 23 g; Protein 5 g. % Daily Value*: Vitamin A 0%; Vitamin C 4%; Calcium 2%; Iron 15%



Fresh California Avocados, known for their appetizing appearance, creamy texture and delicious taste, are cultivated in ideal growing conditions in the unique climate of coastal California. Look for “California” on the label to ensure that you are choosing avocados grown with utmost dedication and care by California Avocado growers.



For more recipes and information, visit CaliforniaAvocado.com
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