



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

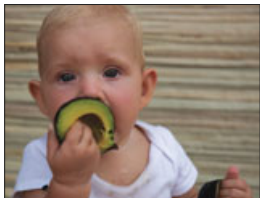
## Eat Well at Every Age

Folic acid is an important B vitamin most often focused on while pregnant or breastfeeding, which supports a baby's development.

Everybody needs this B vitamin to make new cells for healthy skin, hair, nails, blood, and other body parts.

Folic acid is naturally present in asparagus, brussels sprouts, dark leafy greens, avocados, oranges, nuts, beans and peas.

If you don't get enough folic acid from natural sources, take a supplement, or eat enriched foods like bread, pasta, rice, and cereals.



Avocados play a role in healthy living - serving as a "nutrient booster" to help the body absorb fat-soluble vitamins in foods.

Ripe avocados are a great "first food" for babies when they're ready for soft solids.

### Choosing a ripe avocado:

*It yields to firm, gentle pressure and has a darker color. It will feel lightly soft but not "mushy" to the touch.*

## Heart Healthy Berry Avocado Baked Oats

### Ingredients:

- 2 cups old-fashioned oats
- 1 tsp. ground cinnamon
- 1 tsp. baking powder
- 1/4 tsp. salt
- 2 cups unsweetened soy milk
- 1 ripe banana
- 1/2 ripe, fresh avocado, halved, pitted and peeled
- 1 egg
- 2 tsp. vanilla extract
- 2 cups fresh or frozen mixed berries



### Directions:

1. Preheat the oven to 375°F. degrees.  
Spray a 9x9-inch square baking dish with non-stick spray.
2. In a large bowl, combine the oats, baking powder, cinnamon, and salt.
3. In a food processor, combine the milk, banana, avocado, egg, and vanilla.
4. Pour the wet mixture into the dry mixture. Fold in 1-1/2 cups of the berries, reserving the last 1/2 cup for topping.
5. Bake for 35 to 40 minutes, until the top is nicely golden.  
Remove from the oven and let cool. Slice into 12 pieces and serve warm.