



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

# Dietitian's Dish

## Give them a Healthy Start!

Avocado fruits offer a wide variety of healthy nutrients.

- ✓ Omega-3 fats    ✓ Potassium    ✓ Niacin    ✓ Lutein
- ✓ Dietary fiber    ✓ Folic acid    ✓ Choline



**Introduce them as a first food!**

Avocado can be  
a nutritious part of  
healthy development!

### Avocado selection and storage can be confusing.

#### SELECTING

Choose based on firmness (not color) and when you'll use them.

#### Immediately

RIPE = Gives to pressure but not mushy

Use in 1-2 days

ALMOST RIPE = Slight give to pressure

Use in 4-5 days

FIRM = Doesn't give to pressure

#### STORING

Store whole avocados on a shelf in the refrigerator (to slow ripening) for up to 2 weeks. How long they'll last is based upon their ripeness. If they're cut, rub the flesh with lemon or lime juice and seal in an airtight container to prevent turning brown.

#### AVOCADO(N'T)!

Storing whole avocados submerged in water could cause foodborne illness from Listeria and Salmonella.  
**DO NOT** try this viral "hack".

Get creative with how you add avocados. The whole family will love a sweet start to the day with this nutrient-packed breakfast!

## Avocado Green Apple Cini-Mini Cookies

#### Ingredients:

- |  |   |
|--|---|
| • 1 cup rolled oats                                  | • 1/4 cup applesauce                    |
| • 1/2 cup whole wheat flour                          | • 1 large egg                           |
| • 1 tsp. baking powder                               | • 1 tsp. vanilla extract                |
| • 1 tsp. cinnamon                                    | • 1/4 cup maple syrup                   |
| • 1/4 tsp. salt                                      | • 1 small green apple, peeled and diced |
| • 1/2 ripe, fresh avocado, halved, pitted and peeled |   |



#### Directions:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper or a silicone baking sheet and set aside.
2. In a large bowl, combine the oats, flour, baking powder and salt.
3. In a medium bowl, mash the avocado. Add the applesauce, egg, vanilla, and maple syrup. Whisk until smooth.
4. Pour the wet mixture into the dry ingredients and stir until just combined. Fold in the chopped apples.
5. Drop cookie dough onto the prepared baking sheet using a cookie scoop or spoon, and gently flatten until about 3/4-inch thick. Bake for 10 minutes or until slightly brown and firm around the edges. Allow cookies to cool for 5-10 minutes.



Recipe and image courtesy of [LoveOneToday.com](http://LoveOneToday.com).