



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

Dietitian's Dish

Deliciously Fun Foods for Heart Health!

Avocado has benefits for heart health, weight management, type 2 diabetes, and healthy living at every age. Including avocados as a first food for babies offers them a delicious and nutritious start to their lifelong journey with food as medicine! Choose some family-favorite meals and add in avocados.

You'll boost their nutritional value while creating a delicious eating adventure that's fun for all ages!

Get your heart health on a roll, with these versatile pancakes and wraps that are ready in less than 20 minutes.

Avocado Pancake Roll Ups

Ingredients:

- 1/2 cup ripe, fresh avocado (halved, pitted, peeled and mashed)
- 2 large eggs
- 1 tsp. fresh lemon juice
- 3/4 cup whole wheat flour
- 1/4 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 2 Tbsps. Sugar or monk fruit sweetener
- 1/2 tsp. vanilla extract
- 1/3 - 1/2 cup milk (dairy or plant based), as needed to thin batter
- **OPTIONAL ADD-INS:** plain Greek yogurt, scrambled eggs, nut butter, low-sugar fruit jelly or fresh fruit.



Recipe (edited) and image courtesy of LoveOneToday.com.

Directions:

1. In a high-speed blender, add avocado, eggs, and lemon juice; then blend until combined. Add flour, baking powder, baking soda, salt, sugar or monk fruit sweetener and vanilla extract; then blend until combined. Add milk and blend until smooth, adding more, if needed to create a thin batter. Note: batter should be thin, so it creates thin pancakes that roll up easily.
2. Spray large skillet with non-stick cooking spray and heat over medium heat. Pour 1/4 cup batter for each pancake into the pan.
3. Once batter begins to bubble slightly and edges of pancakes brown, flip over and continue cooking on the remaining side until pancakes are cooked through (about one minute per side).
4. Remove pancakes from the pan, spread desired filling, roll up, and serve.

Chicken and Turkey Bacon Avocado Wraps

Ingredients:

- 4 large flour tortillas
- 1 cup shredded cooked chicken
- 4 slices cooked turkey bacon
- 8 lettuce leaves
- 1 tomato, sliced
- 1/2 cup Cheddar cheese, shredded
- 1 Tbsp. Italian dressing
- 1 ripe, fresh avocado, halved and pitted



Recipe (edited) and image courtesy of LoveOneToday.com.

Directions:

1. Place tortillas on a work surface. Top each with equal amounts of the chicken, turkey bacon, lettuce, tomato and cheese.
2. Slice and scoop out the avocado slices with a spoon into a bowl. Combine the avocado with dressing and toss.
3. Top wraps with the avocado mixture. Roll up tortillas. Serve.