

Superfood of the Month

~ Lisa Bombela-Comuzzie



Superfood: Avocados

Avocados are a great addition to a healthy diet. They contain the following health promoting nutrients:

- Monounsaturated fats: Avocados are rich in these heart-healthy fats, which help lower LDL (“bad”) cholesterol. Low LDL levels reduce the risk of heart disease and stroke.
- Folate (B-9): Avocados contain a significant amount of folate, which is important for normal cell function and tissue growth.
- Vitamin K-1: Important for blood clotting and may have benefits for bone health.
- Potassium: This is an essential mineral that is beneficial for blood pressure control and heart health. Avocados contain more potassium than bananas.
- Copper: Copper is low in a standard American diet. Copper plays a role in iron metabolism.
- Vitamin C: Aids immune function and skin health.
- Vitamin E: A powerful antioxidant that prevents cells from damage.
- Vitamin B-6: B vitamins help convert food into energy.
- Fiber: Avocados are a good source of both soluble and insoluble fiber. And fiber can lower cholesterol and blood sugar, keep you regular and help you feel full and satisfied after a meal.
- Low sugar: Compared to most fruits, avocados rank VERY low on the sweet scale.
- Adding avocado to your food may help to increase nutrient absorption, specifically with vitamins A, D, E, and K, which are fat soluble.

How to enjoy avocados:

Although avocados are packed with nutrients, they are not low in calories. A 50-gram portion — about a third of a medium-sized avocado, has about 75 calories. An entire large avocado can add upward of 400 calories to your daily diet. Like most things, moderation is key!

Fudgy Avocado Brownies

INGREDIENTS

- 1 ripe avocado (about 6 ounces; 1/2 cup mashed)
- 1/2 cup cacao powder (or cocoa powder)
- 2 eggs
- 1 cup coconut sugar (or brown sugar)
- 1/4 cup almond butter
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/4 teaspoon fine sea salt
- 1/2 cup dark chocolate chips (use a dairy-free brand, if needed)

INSTRUCTIONS

Preheat the oven to 325°F and line a 9-inch square baking dish with parchment paper. (Grease the pan first, so the parchment paper will stay in place.) In a food processor, combine the avocado, cacao powder, eggs, coconut sugar, almond butter, baking powder, vanilla, and salt. Process until smooth, stopping to scrape down the bowl as needed. Fold in the chocolate chips, then pour the batter into the prepared pan. (Decorate the top with a few extra chocolate chips, if desired.) Bake at 325°F for 40 to 45 minutes, or until the center of the brownies looks cooked-through. Allow the brownies to cool completely. Leftovers can be stored on the counter for up to 48 hours, or in the fridge in an airtight container for up to a week.

