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Put avocado at the heart of mealtimes

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EATING two or more servings of avocado every week reduces the risk of heart disease by a fifth, according to a new study from the Journal of the American Heart Association (JAMA).



The research, which looked at the diets of more than 110,000 people, found eating one a week (the equivalent of two servings) appears to slash the risks of coronary heart disease by 21% compared to people who do not eat avocado.

Aside from being delicious, avocados also contain dietary fibre, healthy monounsaturated fats vitamins C, E, and K and minerals, including magnesium.

Here are eight ways to get more avocado into your diet.

In a green smoothie bowl

Smoothie bowls remain a popular breakfast option. Adding avocado to the blender will help thicken your bowl, particularly if you also use frozen bananas. Mix blueberries, spinach and raspberries for a sweet and tangy start to the day.

As a tasty guacamole

Guacamole has its roots in Central America and the Aztecs were said to eat it combined with spices. These days, the tasty dip is often used to top Tex Mex dishes like enchiladas and nachos. However, if made simply and fresh at home (by mashing up ripe avocados with garlic, lime, black pepper and chilies) guacamole with tortilla chips or crudites makes an excellent snack and is an easy way to get vital vitamins.

Stuff them

Remove couscous, the stone and add

rice, beans, cheese, cooked prawns or whatever takes your fancy.

In a creamy pasta sauce

Add avocado to a blender with basil, chilli, lemon juice and black pepper, and combining until a creamy sauce will make an easy pasta topping. Add a little Grana Padano and you have a quick and healthy mid-week meal.

In banana muffins

Because it's high in fat, thick and creamy, avocado is a great addition to a muffin, particularly with banana.

It'll make an excellent breakfast or snack and paired with chocolate chips is a sure-fire hit with kids and grown ups alike. No need for butter and oil, the avocado is doing all the work.

Avocado makes a great substitute for eggs in a chocolate mousse – making an indulgent vegan pudding. You can't taste the avocado when it is paired with high cocoa dark chocolate and dairy-free milk. This dessert can be made in under 10 minutes, because avocados and blenders go hand in hand.

Drink them

In the 19th century, French colonisers brought the avocado to Thailand and it can be seen on menus now in a very sweet capacity. Sinh To Bo is a cold drink, made with avocado, condensed milk, coconut milk and ice. It has a beautiful green colour, milkshake-like texture and a nutty taste.

The name translates to 'butter fruit smoothie' and is a very accurate description.