

Gimme some of that green goodness...

Yummmm ...avocados! These green bundles of deliciousness are actually great for you.

And summer is their real chance to shine.

What's so wonderful about avocados?

Avocados contain good fats that are linked to lower levels of bad (LDL) cholesterol.

Fats help you feel full for longer periods of time, which helps reduce food cravings and energy drops.

And...

Avocados help your body better absorb fat-soluble nutrients like vitamins A, D, E, and K.

There's more!

Avocados pack about one gram of fiber per tablespoon, with around 10 grams of fiber in an entire fruit.

High fiber diets lower blood sugar, reduce cholesterol, and potentially prevent some kinds of cancer.

Avocados are a great source of:

- Potassium
- Magnesium
- Riboflavin (Vitamin B2)
- Niacin (Vitamin B3)
- Pantothenic Acid (Vitamin B5)
- Pyridoxine (Vitamin B6)
- Vitamin C
- Vitamin E
- Vitamin K

You can add avocado to smoothies, use it as a fat substitute in some baking (believe me, it's amazing!), spread it like butter on toast, add it to salads, and of course, make killer guacamole.