

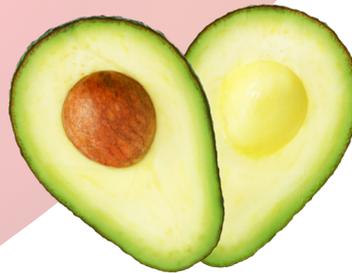
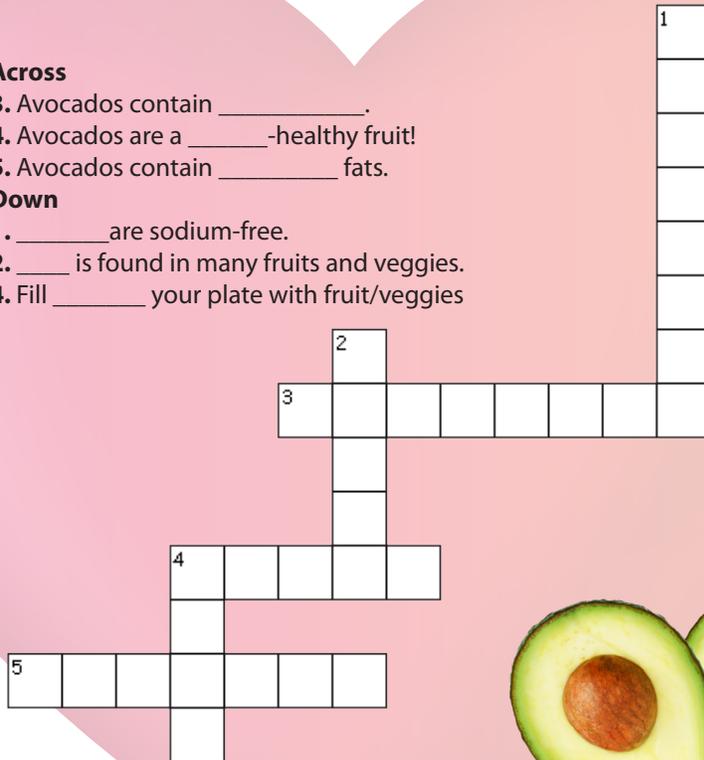
HEART-SMART AVOCADOS

Across

- 3. Avocados contain _____.
- 4. Avocados are a _____-healthy fruit!
- 5. Avocados contain _____ fats.

Down

- 1. _____ are sodium-free.
- 2. _____ is found in many fruits and veggies.
- 4. Fill _____ your plate with fruit/veggies



February is National Heart Month, the best time to start choosing heart-healthy foods. Always delicious, avocados are also a good source of the “good” fats our bodies need, and they are good for our hearts because they are cholesterol- and sodium-free. Learn more about avocados by completing the crossword puzzle using the words below.

**half
avocados
healthy
vitamins
heart
fiber**

FAMILIES:

Fresh avocados are a heart-healthy fruit. They provide naturally good fats, are low in saturated fat, and are cholesterol- and sodium-free. One-third of a medium avocado contributes nearly 20 vitamins and minerals, making it a healthy nutrient-dense choice. Best of all, kids love the mild taste and creamy texture of avocados, which means you can mix them into all sorts of recipes. Try this one out!

FRUIT SALAD WITH AVOCADO & CREAM

- 3 green apples, cut into cubes
- 3 red apples, cut into cubes
- 1 chopped avocado
- 1 can of peaches in syrup, chopped
- 1 can pineapple, chopped in chunks
- Juice of 2 lemons
- 1 cup of toasted almonds
- 1 cup chopped walnuts
- Juice of 1 orange
- 2 tablespoons honey
- Whipped cream for serving

INSTRUCTIONS

1. Mix the honey and orange juice in a bowl until the honey is dissolved.
2. In another bowl, mix the pineapple with syrup, peaches with syrup, apples, and lemon juice. Let cool for half an hour, then add avocado and the orange juice/honey mixture.
3. Serve with walnuts, almonds and whipped cream.

