

# HEART-SMART AVOCADOS

F	V	P	O	I	W	Q	G	T	H	B	L	V	A	X
P	M	B	C	F	E	R	R	P	E	B	X	V	H	Y
P	Y	P	F	F	O	A	C	E	A	J	M	H	A	D
F	P	W	I	P	E	P	A	Q	L	M	P	J	T	A
P	A	B	S	H	B	M	M	R	T	S	E	D	U	W
Z	E	T	A	G	L	K	S	K	H	L	O	D	Z	B
R	Q	F	S	V	K	N	F	B	Y	O	A	A	X	P
R	L	R	K	F	I	F	N	S	G	Z	B	U	V	C
L	O	V	N	M	M	I	N	E	R	A	L	S	L	J
I	H	N	A	G	T	G	A	S	R	V	P	L	L	A
Y	W	T	A	V	V	D	H	W	M	J	I	Z	X	F
A	I	Y	P	T	Q	V	W	J	V	M	I	Y	R	M
V	S	R	E	B	E	X	Z	O	J	O	K	U	F	T
L	A	Y	C	G	L	O	C	V	X	P	I	L	K	Q
J	S	F	S	Y	X	G	W	S	B	T	M	D	D	F

February is National Heart Month, the best time to start choosing heart-healthy foods — like avocados! See if you can find these words that describe heart-smart avocados in the word search.



good  
fats  
fiber  
vitamins  
minerals  
fruit  
healthy  
heart

## 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.

