

AVOCADOS: A MUST FOR MENUS

With their distinctively rich and buttery flavor, versatility, nutrition profile, and year-round availability, avocados have earned a top spot on menus around the globe.

Appeal to health-conscious diners by
Opting for AVO:

- nutrient-packed with 20 essential vitamins & nutrients
- rich in healthy fats & fiber
- vegan-friendly
- vegetarian-friendly
- cholesterol-free
- sugar-free
- gluten-free
- heart-healthy
- weight-friendly

*Hass Avocado Board. Nutrition Facts Chart.

Avocados can be used as a substitute for butter, margarine, cheese, mayonnaise, sour cream, and more, as a healthier option for healthy eaters.

Whether stuffed, sliced, diced, smashed, mashed or pureed, the avocado is a versatile pick for any course of any meal. Go beyond guac and serve in salads, sandwiches, dips, pizzas, soups, wraps, poke, sushi, tacos, omelets, smoothies, mousse... you name it!

