



The Geneva School

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AVOCADO

Today students in grades 2-6 had a chance to taste avocado. We mashed it up into a simple guacamole served with chips, and blended it into a creamy smoothie.



Avocados are superfood power houses, packed with “healthy fat”, fiber, and a wide variety of vitamins and minerals, like

Vitamins C, E, K, potassium, and folate. It is an unusual “fruit” consisting of 75% fat, but this is the “good for you fat” that promotes brain health, heart health, and hormone production. The fat slows down food absorption, and helps to makes you feel full. Additionally, the monosaturated fat in the avocado gives it a creamy, rich texture. By itself avocado does not have a lot of taste, but absorbs the flavors around it, making it a versatile addition to salads and smoothies.

Ripe avocados are dark in color and should feel slightly soft when gently squeezed. If they are bright green, set them on your counter at room temperature to ripen and check them each day. Once the skin darkens and they are soft, they can be moved into the refrigerator, to prevent them from getting overripe, where they will keep for a few more days.

To eat, cut the avocado in half lengthwise, twist to separate the halves, and remove the pit by piercing it with a fork or knife. Then you can scoop out the flesh with a spoon, or slice it and peel each slice, or score it to remove in chunks, or squeeze it from the skin into a smoothie.

I hope your children enjoyed tasting avocado and will look forward to trying it again!

Simple Guacamole

2 avocados
Juice from 1/2 of a lime
1/4 tsp. salt
1/4 tsp. pepper
1 tsp. cumin

- Cut avocados in half, remove the pit, scoop out onto a cutting board or into a bowl, and mash with a fork.
- Add the lime juice and spices and mix.
- Taste and add more salt and pepper, if needed.
- For more flavor, you can add any or all of the following: minced garlic, chopped cilantro, dash of tabasco sauce, chopped tomatoes, minced onion.

Guacamole can be served as a dip with vegetables or chips, or used as a spread on wraps or sandwiches.

Serves 4

Creamy Dreamy Avocado Smoothie

2 cups coconut milk (I used Silk-unsweetened)
1 avocado
1 banana, fresh or frozen
1 tsp. vanilla extract
2 tsp. honey

- Place all ingredients in blender and blend until smooth.

Serves 3, one cup servings

Thank you to our parent volunteers who have worked with TGS Nurse’s Clinic to make today’s event a success.