

California Avocados, The Breakfast Superfood

(NAPSA)—Breakfast has long been considered the most important meal of the day, but hectic morning routines can sometimes get in the way of starting the day with a wholesome meal. California avocados, in season now, are the perfect fruit and nourishing breakfast solution for any busy morning schedule.

According to the *Dietary Guidelines for Americans 2010*, eating a nutrient-dense breakfast can help with weight maintenance, calorie balance and improved nutrient intake. Nutrient-dense foods provide substantial amounts of vitamins, minerals and other nutrients, and relatively few calories. With nearly 20 vitamins, minerals and phytonutrients and 50 calories per serving ($\frac{1}{2}$ of a medium avocado), California avocados are a nutrition power house choice for breakfast.

In addition to helping the mind and body get started in the morning, studies show that breakfast eaters tend to have a higher intake of vitamins and minerals than breakfast skippers. You can eat good-for-you California avocados as part of a healthy breakfast any number of ways, from topping your eggs with creamy slices of the fruit to using it to replace saturated fat in breakfast breads, muffins and shakes. It's also a delicious and creamy alternative to traditional breakfast spreads such as butter or cream cheese, with the added benefit of contributing "good" mono- and polyunsaturated fats, with no cholesterol or sodium.

Registered dietitian Bonnie Taub-Dix, MA, RDN, CDN partnered with the California Avocado Commission to create a satisfying breakfast dish featuring



Eggs-traordinary California Avocado Breakfast Muffins, made with good for you avocados, are a delicious make-ahead breakfast.

nutrient-dense California avocados. Her Eggs-traordinary California Avocado Breakfast Muffins are moist and use California avocados as a replacement for other fat sources, and each muffin contains 90 calories.

"Avocados are one of the most versatile and flavorful fruits which is why I recommend them to my clients looking for quick, easy and filling breakfast ideas," said Taub-Dix. "My breakfast muffin recipe combines high-quality protein from eggs and good fats from avocados to create a dish sure to help keep you feeling filled and fueled in the morning."

For this and other California avocado breakfast recipes created by registered dietitians, visit CaliforniaAvocado.com

Eggs-traordinary California Avocado Breakfast Muffins

Serves: 5

Yields: 15 mini muffins

Ingredients

$\frac{3}{4}$ cup grape tomatoes, chopped

- 1 cup fresh spinach leaves, chopped**
- 1 ripe, fresh California avocado, seeded, peeled and diced**
- Salt, to taste**
- Pepper, to taste**
- $\frac{1}{4}$ tsp. chipotle seasoning (optional)**
- 2 large eggs**
- $\frac{1}{2}$ cup egg whites**
- 1 Tbsp. crumbled feta cheese**

Instructions

- 1. Preheat oven to 350 degrees F.**
- 2. Spray a standard-sized non-stick mini muffin tin with cooking spray.**
- 3. In a medium-sized bowl, combine tomatoes, spinach, avocado, salt, pepper and optional chipotle seasoning.**
- 4. Spoon two tablespoons of vegetable and avocado mixture into each mini muffin cup.**
- 5. Beat eggs and egg whites together in a separate bowl.**
- 6. Pour eggs over the vegetables until about a little more than three-quarters full.**
- 7. Sprinkle egg muffin mixture with cheese.**
- 8. Bake for about 20 minutes, or until eggs spring back to the touch.**

Nutrition Information Per Serving: Calories 90; Total Fat 7 g (Sat 1.5 g, Trans 0 g, Poly 1 g, Mono 4 g); Cholesterol 75 mg; Sodium 140 mg; Potassium 270 mg; Total Carbohydrates 4 g; Dietary Fiber 2 g; Total Sugars <1 g; Protein 4 g