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CALIFORNIA AVOCADOS, THE BREAKFAST SUPERFOOD

Registered Dietitian Bonnie Taub-Dix Shares Recipes Featuring Naturally Nutritious Avocados from California

IRVINE, Calif. (JULY X, 2014) – 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 an important part of a 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.¹ 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 (1/5 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.²⁻⁴ 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 as a fat substitute for traditional baking ingredients such as butter or shortening in breakfast breads and muffins. By substituting avocado, the nutritional value of baked goods is increased with the fruit's contribution of nearly 20 vitamins, minerals and phytonutrients, along with "good fats" (poly and monounsaturated fats). California Avocados are also a delicious and creamy alternative to other fat laden breakfast spreads

Registered dietitian and author of "Read It Before You Eat It" Bonnie Taub-Dix, MA, RDN, CDN partnered with the California Avocado Commission to create two satisfying breakfast dishes featuring California avocados. Her new recipes include a make-ahead breakfast recipe, Eggs-traordinary California Avocado Breakfast Muffins, a hunger-quenching breakfast option for busy mornings, and California Avocado Pumpkin Bread with Dark Chocolate Chips and Almonds, a quick bread that is kept light and moist with use of California avocados as a fat replacer.

"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 recipes show how simple it is to put a healthy spin on traditional recipes that are sure to help keep you filled and fueled in the morning."

Each of Taub-Dix's recipes contains 130 calories or less per serving and are sure to appeal to breakfast eaters of all ages. For these recipes and other California avocado [breakfast recipes](#) created by registered dietitians, visit CaliforniaAvocado.com/avocados-for-breakfast.

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1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.
2. Kerver JM, Yang EJ, Obayashi S, Bianchi L, Song WO. Meal and snack patterns are associated with dietary intake of energy and nutrients in U.S. adults. *J Am Diet Assoc.* 2006;106:46-53.
3. Matthys C, De Henauw S, Bellemans M, De Maeyer M, De Backer G. Breakfast habits affect overall nutrient profiles in adolescents. *Public Health Nutr.* 2007;10:413-421.
4. Rampersaud GC, Pereira MA, Girard BL, Adams J, Metzler JD. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *J Am Diet Assoc.* 2005;105:743-760.

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Recipe Approved by USDA
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Eggs-traordinary California Avocado Breakfast Muffins

Yields: 15 mini muffins

Serves: 5

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Ingredients

- 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
- 1/4 tsp. chipotle seasoning (optional)
- 2 large eggs
- 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

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% Daily Value: Vitamin A 15%; Vitamin C 15%; Calcium 4%; Iron 4%*

**Percent Daily Values are based on a 2,000 Calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*

Recipe Approved by USDA
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California Avocado Pumpkin Bread with Dark Chocolate Chips and Almonds

Yields: 2 loaves

Prep time: 10 minutes

Cook time: 1 hour

Total time: 1 hour and 10 minutes

Ingredients

- 1/2 cup skim milk
- 1/2 tsp. lemon juice
- 1 cup whole wheat pastry flour
- 2 1/3 cups all-purpose flour
- 1 Tbsp. baking powder
- 2 tsp. baking soda
- 1 tsp. salt
- 1 tsp. ground cinnamon
- 1 1/4 cups granulated sugar
- 4 egg whites
- 1 ripe Fresh California Avocado, seeded, peeled and mashed
- 1 tsp. pure vanilla extract
- 2 large eggs
- 2/3 cup water
- 1 (15-oz.) can unsweetened, puréed pumpkin
- 1/2 cup dark chocolate chips
- 1/3 cup slivered almonds

Directions

1. Preheat oven to 350 degrees F.
2. Combine milk and lemon juice and let stand.



3. Spoon flours into dry measuring cups and level with a knife. Whisk together with the baking powder, baking soda, salt and cinnamon in a medium bowl. Set aside.
4. Combine sugar, egg whites, avocado, vanilla extract and eggs in a large bowl and beat with a hand mixer at a high speed until blended.
5. Add milk/lemon juice to sugar mixture.
6. Add water and canned pumpkin, beating at a low speed until combined together.
7. Add flour mixture to above mixture and beat at a low speed just until combined (don't over mix).
8. Fold in chocolate chips.
9. Coat two loaf pans (9x5-inch each) with cooking spray.
10. Spoon batter into pans and fill half-way. Sprinkle almonds evenly over batter.
11. Bake loaves for 1 hour or until a wooden pick inserted in center comes out clean.
12. Cool in pans for 10 minutes and then remove from pans and cool on wire rack.

Note: This recipe also can be used to make muffins. When baking in muffin tins, cook for 20 minutes, or until a wooden pick inserted in center comes out clean.

Nutrition Information Per Serving: Calories 130; Total Fat 2.5 g (Sat 1 g, Trans 0 g, Poly 0 g, Mono 1 g); Cholesterol 15 mg; Sodium 220 mg; Potassium 95 mg; Total Carbohydrates 23 g; Dietary Fiber 2 g; Total Sugars 11 g; Protein 3 g

% Daily Value: Vitamin A 45%; Vitamin C 0%; Calcium 6%; Iron 6%*

**Percent Daily Values are based on a 2,000 Calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*

**Large avocados are recommended for these recipes. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly. As with all fruits and vegetables, wash avocados before cutting.*

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About the California Avocado Commission

Created in 1978, the California Avocado Commission strives to increase demand for California avocados through advertising, promotion and public relations, and engages in related industry activities that benefit the state's nearly 5,000 avocado growers. The California Avocado Commission serves as the official information source for California avocados and the California avocado industry. For nutrition information and recipes visit CaliforniaAvocado.com, or join us on [Facebook](https://www.facebook.com/CaliforniaAvocados) at Facebook.com/CaliforniaAvocados and [@CA_Avocados](https://twitter.com/CA_Avocados) on [Twitter](https://www.pinterest.com/CaliforniaAvocados), [Pinterest](https://www.pinterest.com/CaliforniaAvocados) and [Instagram](https://www.instagram.com/CaliforniaAvocados) for updates.

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