



Avocado Pudding Pops

Ingredients

- 1 medium avocado (pit and peel discarded; about ½ cup avocado flesh)
- ½ cup whole-milk Greek yogurt (or regular style)
- 3 tablespoons cocoa powder
- 3 tablespoons maple syrup
- 1 teaspoon pure vanilla extract
- 1 tablespoon smooth unsweetened seed butter.

Directions

- Add all ingredients to a blender. Blend on low speed until combined, increasing the speed a little to make a smooth pudding. Stop and scrape down the sides of the blender if needed.
- Taste the mixture and add a little additional sweetener if needed.
- Spoon into popsicle molds.
- Freeze for 4-6 hours or overnight until firm.
- Remove from molds and serve cold.

[Check out more kid-friendly avocado recipes here!](#)

CALIFORNIA AVOCADO MONTH

By: Jessica Gust, MS, RDN

June is California avocado month. Did you know that California is the largest producer of avocados in the United States? California has over 3,000 avocado farmers covering 50,000 acres of land.

The Hass avocado is a California native avocado named after Rudolph Hass in the 1920s. While California produces over 8 varieties, the Hass avocado is the most popular and makes up 95% of the avocado crops.

Avocados are a nutrition powerhouse! As a dietitian, they are one of my favorite foods for growing children.

Here are 5 fun nutrition facts about avocados:

- **They are nutrient-dense.** This means they provide a lot of vitamins and minerals per calorie. One-third of a medium avocado has 80 calories and contributes nearly 20 vitamins and minerals, making it a great nutrient-dense food choice.
- **Avocados are a fruit!** Most people think they are vegetables.
- **They contain heart-healthy fats.** Avocados are rich in monounsaturated fats (good fats). These types of fats are good for our heart.
- **Natural nutrient boosters.** The fat in avocados helps our body to absorb certain vitamins (fat-soluble vitamins) A, D, E, K.
- **Staying power.** Healthy fats help children feel full and satisfied at meals which helps stabilize blood sugar and allows them to focus on learning.

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