



The First Name In Avocados



Avocado's Health Benefits!

- No cholesterol.
- No trans fats.
- It's the "good fat" – monounsaturated fat.

Avocados provide more than 25 essential nutrients, including fiber, potassium, Vitamin E, B-vitamins, and folic acid.

So eat more Avocados.

Vegetable Wrap with California Avocado Spread

California Avocado Spread

Mix 2 parts guacamole with 1 part peppercorn-parmesan dressing

More Application Ideas with Calavo Avocados

- Combine guacamole with creamy horseradish sauce and use on roast beef sandwiches
- Use Guacamole Western Style or Spicy in place of mayo on wraps, paninis and sandwiches



998089 ... Avocado Halves 4/3 lb
 45257 Avocado Chunky Pulp 12/1 lb
 991327 ... Avocado Chunky Pulp 3/6 lb

59652 Guacamole Hot & Spicy 12/1 lb
 46113 Guacamole Western Style... 12/1 lb
 51579 Guacamole Western Style... 3/6 lb