

FEBRUARY HEART HEALTH

FRUIT SALAD WITH AVOCADO COCONUT LIME DRESSING

Healthy Fats: Avocado is rich in monounsaturated fats, which can help improve cholesterol levels by raising HDL (good) cholesterol and lowering LDL (bad) cholesterol, thus reducing the risk of heart disease.

Potassium: Many fruits found in fruit salad, such as bananas and oranges, are high in potassium. Potassium helps regulate blood pressure by counteracting the effects of sodium and relaxing blood vessel walls, thus reducing the risk of high blood pressure and cardiovascular disease.

Antioxidants: Fruits like berries and citrus fruits are rich in antioxidants such as vitamin C, flavonoids, and polyphenols. These antioxidants help reduce inflammation, prevent oxidative stress, and protect the heart from damage caused by free radicals.

INGREDIENTS:

Servings: 16 (1/2 cup)

Salad Dressing Ingredients:

- 2 avocados
- 2 containers (5.3-ounce each) nonfat blended Greek yogurt, **coconut flavor**
- 6 tablespoons lime juice
- 2 teaspoon honey

Salad Ingredients:

- 2 avocados (diced)
- 1 cup strawberries (quartered)
- 2 mango (diced)
- 1 cup blueberries
- 2 cup red grapes
- 4 kiwi (sliced, quartered)
- 2 large banana (sliced, quartered)
- 4 mandarin oranges, peeled, segmented

Nutrition Facts	
Calories	100
Total Fat	5.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3.5 g
Cholesterol	7 mg
Sodium	15 mg
Total Carbohydrate	15 g
Dietary Fiber	3.5 g
Sugars	9.5 g
Protein	2 g



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