

# SUPER MEALS FOR SUPER SKIN

RECIPES THAT SUPPORT **SKIN HEALTH**



avocados  
**LOVE**  
ONE TODAY®  
hydration boost • naturally good fats

# EAT PRETTY, FEEL PRETTY!

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What you eat can impact your skin's appearance by providing essential nutrients that help maintain hydration, elasticity, and protection from environmental stressors. The key is to **consume a nutrient-dense diet** that includes plenty of fresh fruits and vegetables and limit added sugars and refined carbohydrates.

Look for **certain nutrients** that go the extra mile when it comes to **skin health**:



## VITAMIN A

Supports normal skin cell turnover.



## VITAMIN C

Helps your body make collagen, which is essential for skin elasticity and repair.



## VITAMIN E

Is an antioxidant that protects skin cells from damage caused by oxidative stress.



## NIACIN

Helps to maintain the skin's moisture barrier, reducing the risk of dryness.



## ZINC

Plays a part in wound healing and immune function, both essential for skin integrity.

# HYDRATE, NOURISH, GLOW

## AVOCADOS DO IT ALL!



Avocados are naturally sugar-free, don't have refined carbohydrates and are **nutrient-dense** fruits that provide nearly 20 vitamins and minerals, unsaturated fats, fiber, and water, which contribute to a well-balanced diet.

### Skin Food

One third of a medium sized-avocado provides 4% DV of **vitamin C**, 6% DV of **vitamin E**, and 6 % DV of **niacin**, making avocados your MVP in your skin-friendly diet.

### Nutrient-Booster

While avocados don't contain vitamin A, they can act as a **nutrient booster** by helping increase absorption of fat-soluble vitamins it is eaten with, —and you guessed it! Vitamin A is a fat-soluble vitamin.

## HYDRATION = HAPPY SKIN

When you don't get enough fluids, your skin can become dry and less resilient. Water keeps skin hydrated, smooth, and can support its natural protective barrier.

**Avocados are about 72% water**, which can contribute to overall hydration when included in a balanced diet.



**This cookbook provides you with skin-loving recipes to help you glow from the inside out!**



## AVOCADO AND QUINOA BREAKFAST BOWL

This breakfast is an excellent source of vitamins A, C and E, niacin, and zinc! It doesn't get any skin-friendlier than this.

# AVOCADO AND QUINOA BREAKFAST BOWL

**PREP TIME:**

10 minutes

**COOK TIME:**

15 minutes

**READY IN:**

25 minutes

**SEE NUTRITION FACTS LABEL →**

## INGREDIENTS

**BOWL INGREDIENTS:**

1 cup cooked quinoa  
1 cup (15-oz. can, drained)  
black beans  
1/4 tsp. ground cumin  
1/2 tsp. garlic powder  
1/2 tsp. dried oregano  
2 medium eggs  
nonstick cooking oil spray  
1 ripe, fresh avocado, halved,  
pitted, peeled and sliced,  
divided  
1 fresh carrot, sliced  
2 Tbsp. fresh cilantro,  
chopped  
2 lime wedges, divided

**FRESH SALSA:**

2 Roma tomatoes  
1 jalapeño chile, stem  
removed  
1/4 medium white onion,  
roughly chopped in two  
pieces  
1 garlic clove, peeled  
1/4 cup cilantro leaves  
1 lime, juiced  
Salt to taste

**QUINOA:**

1 cup quinoa, uncooked  
1/8 tsp. olive oil  
1 garlic clove, minced  
1 1/2 cup water or broth  
1 lime or lemon juice, freshly  
squeezed  
2 green onion sprigs, thinly  
sliced (about 1/4 cup)  
1/4 cup red onion, chopped  
3 Tbsp. cilantro, chopped  
1/3 cup cherry tomatoes,  
halved  
1 fresh jalapeño pepper, stem  
and seed removed, finely  
chopped (optional)  
Salt and pepper, to taste

## INSTRUCTIONS

**MAKE THE SALSA:**

Blend tomatoes, jalapeño, onion, garlic, cilantro and lime juice in a blender. Place salsa in a nonstick saucepan on medium high heat, let it boil for 2 minutes. Reduce heat and warm for 5 minutes. This salsa will be reduced to about 1 1/2 cups and will have a brick red color. Add salt to taste. Set aside.

**PREPARE BOWL INGREDIENTS:**

1. Heat beans in a saucepan with cumin, garlic powder and dried oregano.
2. Heat another pan on medium high and spray with oil. Crack the eggs and fry until done.
3. Serve each bowl with 1/2 cup of cooked quinoa\*, 1/2 cup of black beans, and a fried egg. Pour the warm salsa and 1/2 of the avocado slices. Top with chopped cilantro and serve with sliced carrots and lime wedges.

**\*MAKE THE QUINOA:**

1. Heat 1/4 teaspoon oil in a saucepan. Add garlic and sauté for 1 minute on medium high.
2. Add quinoa and water and let it boil. Cover, reduce heat to low and cook for 15 minutes. When the quinoa is cooked, the germ ring will be visible.
3. Mix quinoa with the rest of the ingredients. Season with salt and pepper.



## HYDRATING PAPAYA AVOCADO SMOOTHIE

This smoothie delivers a refreshing burst of vibrant flavors with papaya, orange and lime in every sip. With 0 added sugars, 5 g of fiber and 100% DV of vitamin C, this will take your hydration efforts to the next level.

# HYDRATING PAPAYA AVOCADO SMOOTHIE

**PREP TIME:**

5 minutes

**COOK TIME:**

0 minutes

**READY IN:**

5 minutes

**SEE NUTRITION FACTS LABEL →**

## INGREDIENTS

1 medium orange, peeled and sliced  
2 limes, peeled and sliced  
1/2 ripe, fresh avocado, halved, pitted, and peeled  
3 cups papaya, peeled and cut into 1-inch pieces  
1 1-inch knob of ginger, peeled  
1/2 tsp. dry turmeric powder  
1/8 tsp. black pepper, ground  
1/8 tsp. kosher salt, Diamond  
2 cups ice

## INSTRUCTIONS

1. Place all ingredients into blender in the order listed above.
2. Blend on high, or by pressing the smoothie setting, until fully blended, creamy, and smooth.
3. Pour into cups and enjoy!

### WRINKLE DEFENSE RESEARCH

*In a clinical trial among 39 healthy, overweight women, researchers found that daily intake of one avocado for eight weeks significantly improved firmness and elasticity of forehead skin. The Avocado Nutrition Center supported the study. Although these findings are limited and more research is needed to confirm the results, the study suggests a potential role for eating avocados in aging skin health.*



## STUFFED PEPPERS WITH AVOCADO CREMA

With an outstanding 170% DV of vitamin A and a 190% DV of vitamin C, this recipe is your skin's dream! It's also an excellent source of vitamin E, niacin, zinc, and fiber.

# STUFFED PEPPERS WITH AVOCADO CREMA

**PREP TIME:**

10 minutes

**COOK TIME:**

35 minutes

**READY IN:**

45 minutes

**SEE NUTRITION FACTS LABEL →**

## INGREDIENTS

**STUFFED PEPPERS:**

1 Tbsp. avocado oil  
1/2 cup yellow onion, chopped  
2 cloves garlic, minced  
1 1/2 Tbsp. chili powder  
1 tsp. ground cumin  
2 Tbsp. tomato paste  
1 (10 oz.) can diced chili-style tomatoes  
1 cup parboiled brown rice, rinsed

2 1/2 cups low-sodium vegetable broth  
1 (15 oz.) can low-sodium black beans, drained and rinsed  
3/4 cup frozen sweet corn  
1 cup shredded cheddar or pepper jack cheese, divided  
1/4 tsp. salt  
1/4 cup fresh cilantro, roughly chopped (for garnish)

**AVOCADO CREMA:**

2 ripe, fresh avocado, halved, pitted, peeled, and diced  
1/3 cup plain non-fat Greek yogurt  
1/3 cup water  
1/4 cup cilantro  
1 lime, juiced  
1 clove garlic  
1/4 tsp. salt

## INSTRUCTIONS

**MAKE THE PEPPERS:**

1. Preheat the oven to 400 degrees Fahrenheit.
2. Halve the bell peppers and scoop out the seeds. Spray with cooking oil and arrange on a rimmed baking sheet and bake for 10 minutes.
3. While the peppers bake, start on the filling. In a deep skillet, add the avocado oil and onion. Cook over medium-high heat for 3-4 minutes or until the onion is translucent.
4. Add the garlic, chili powder, cumin, and tomato paste. Cook for 1 minute.
5. Add the tomatoes, rice, and broth. Cover and simmer for 15-18 minutes or until the rice is cooked.
6. Stir in the black beans, corn, and 1/2 cup of the cheese and cook another 1-2 minutes to melt the cheese. Season with salt.
7. Divide the filling between the pepper halves. Sprinkle with the remaining 1/2 cup shredded cheese.
8. Bake for 10-15 minutes or until the peppers are tender and the cheese has browned.

**MAKE THE CREMA:**

1. Add the avocado, yogurt, water, garlic, salt, and lime juice to a small blender or food processor and puree until smooth. Add more water, a tablespoon at a time, if needed to thin.
2. Drizzle avocado crema over top of cooked peppers. Garnish with chopped cilantro and serve



## AVOCADO TACO SALAD

Nothing beats the vitamin A content in this recipe with 300% DV per serving. Plus, it's also an excellent source of vitamins C and E, zinc and niacin.

# AVOCADO TACO SALAD

**PREP TIME:**

15 minutes

**COOK TIME:**

10 minutes

**READY IN:**

25 minutes

**SEE NUTRITION FACTS LABEL →**

## INGREDIENTS

**CREAMY AVOCADO****DRESSING:**

1 ripe, fresh avocado, halved,  
pitted, and peeled  
1/2 cup fresh cilantro  
1/3 cup plain, non-fat Greek  
yogurt  
1/3 cup water  
Juice from 1 lime  
2 cloves garlic  
1 Tbsp. apple cider vinegar  
1/4 tsp salt

**SALAD:**

8 cups Romaine lettuce  
leaves, chopped  
1 1/2 cups cherry tomatoes,  
cut in half  
1 cup black beans  
1 cup fresh or frozen sweet  
corn (thawed if frozen)  
1/2 cup sliced green onion  
1 cup crushed tortilla chips  
1 ripe, fresh avocado, halved,  
pitted, peeled, and diced  
Fresh cilantro (for garnish)

**TACO MEAT:**

1/2 Tbsp. avocado oil  
1 lb. ground lean beef, turkey,  
or plant-based ground beef  
2 Tbsp. low-sodium taco  
seasoning  
1/4 cup water

## INSTRUCTIONS

**COOK THE TACO MEAT:**

Heat a medium skillet over medium high heat. Add the avocado oil and heat for one minute. Add ground meat and cook for 12-15 minutes until browned. Once the meat has cooked, stir in your taco seasoning and water and then set aside.

**MAKE THE CREAMY AVOCADO DRESSING:**

Add all of the dressing ingredients in a small blender. Blend until smooth. If too thick, add more water a tablespoon at a time.

**ASSEMBLE THE SALAD:**

Evenly divide the romaine, toppings, cooked taco meat, and dressing between 4 salads.



## CAULIFLOWER TACOS WITH AVOCADO CREMA

Enjoy these skin-pampering tacos, rich in vitamins A, C, and E, and packed with 15 g of gut-loving fiber per serving.  
—Because your skin deserves Taco Tuesday too!

# CAULIFLOWER TACOS WITH AVOCADO CREMA

**PREP TIME:**

25-30 Minutes

**COOK TIME:**

10 minutes

**READY IN:**

40 minutes

**SEE NUTRITION FACTS LABEL →**

## INGREDIENTS

**FOR THE TACO FILLING:**

2 Tbsp. avocado oil  
1 Tbsp. chili powder  
1 ½ tsp. ground cumin  
1 tsp. garlic powder  
1/2 tsp. oregano  
1/2 tsp. sea salt  
1 medium head cauliflower,  
cut into bite sized pieces

**AVOCADO CREMA:**

2 ripe, fresh avocados halved,  
pitted, peeled  
1/3 cup plain non-fat Greek  
yogurt  
1/3 cup water  
1/4 cup cilantro  
1 lime, juiced  
1 clove garlic  
1/4 tsp. salt

**TACO TOPPINGS:**

8 corn tortillas, 6 inches,  
warmed  
1 cup shredded cabbage,  
green and purple  
1 ripe, fresh avocado, halved,  
pitted, peeled, and diced  
1/4 cup chopped cilantro  
1-2 limes, for serving

## INSTRUCTIONS

**MAKE THE TACO FILLING:**

1. Preheat the oven to 400 degrees Fahrenheit.
2. Add the oil, chili powder, cumin, garlic powder, oregano, and salt to a large mixing bowl and whisk to combine. Add the chopped cauliflower and stir to coat in seasoning. Transfer to a rimmed baking sheet and bake for 25-30 minutes or until tender.

**MAKE THE CREMA:**

While the cauliflower is roasting, add the avocado, yogurt, water, garlic, salt, and lime juice to a small blender or food processor and puree until smooth. Add more water, a tablespoon at a time, if needed to thin.

**ASSEMBLY:**

Spread the crema onto each tortilla, then add the shredded cabbage, roasted cauliflower, chopped avocado, and cilantro. Add a squeeze of fresh lime juice on top to serve.



## HEART-HEALTHY AVOCADO AND GRILLED VEGGIE TORTA

With 100% DV of vitamin C, 20% DV of vitamin E, 0 g of added sugars, 8 g of fiber, and 12 g of healthy fats, this sandwich is sure to have a positive impact on more than just your skin!

# HEART-HEALTHY AVOCADO AND GRILLED VEGGIE TORTA

**PREP TIME:**

15 minutes

**COOK TIME:**

10 minutes

**READY IN:**

25 minutes

**SEE NUTRITION FACTS LABEL →**

## INGREDIENTS

- 1 Tbsp. olive oil
- 2 cups red or yellow bell pepper, seeded and sliced
- 1/2 cup red onion, peeled and sliced
- 1 small zucchini, peeled and sliced
- 1/2 tsp. ground black pepper
- 2 ripe, fresh avocados, halved, pitted, peeled and diced, divided
- 1 tsp. hot pepper sauce
- 2 Tbsp crumbled part-skim cotija cheese
- 2 telera (Mexican-style soft sandwich rolls)

## INSTRUCTIONS

1. Preheat grill to medium-high.
2. Drizzle oil over peppers, onions and zucchini.
3. Sprinkle with black pepper. Place vegetables on grill, turning occasionally, until cooked to desired doneness.
4. Mash half of the avocado with hot pepper sauce and spread over the bottom halves of rolls.
5. Layer grilled vegetables and cheese on bottom halves of rolls, dividing evenly. Top with remaining avocado.
6. Replace the bread top and press down firmly to compress ingredients.
7. Wrap tightly and refrigerate until ready to serve. Cut in half just before serving.

### BREAKOUTS BEWARE—SCIENCE IS ON THE CASE!

*In a cross-sectional design study of 248 young adults, using a questionnaire, researchers found that compared with participants with no or mild acne, participants with moderate to severe acne reported a high intake of higher glycemic index foods, added sugars, total sugars, milk, saturated and trans-fatty acids and fewer serving of fish per day. Results are not generalizable to all populations. Though more evidence is needed to confirm the findings, emerging evidence suggests diet may play a role in acne. Avocados are naturally low in saturated fat and are sugar free and trans-fat free, and do not have a glycemic index value.*



## **SALMON SALAD WITH AVOCADO**

An excellent source of vitamins A and C, and niacin —along with 17 g of healthy fats, this salad is sure to nourish your beautiful skin.

# SALMON SALAD WITH AVOCADO

**PREP TIME:**

10 minutes

**COOK TIME:**

10 minutes

**READY IN:**

20 minutes

**SEE NUTRITION FACTS LABEL →**

## INGREDIENTS

**FOR THE DRESSING:**

1/3 cup fresh dill  
1/4 cup water  
2 Tbsp. lemon juice  
1 Tbsp. white wine vinegar  
1 tsp. Dijon mustard  
1 clove garlic  
1/4 tsp. sea salt  
1 ripe avocado, halved,  
pitted, peeled

**FOR THE SALMON:**

4 (5-oz) skinless salmon  
fillets  
1 Tbsp. avocado oil  
Dash sea salt and ground  
black pepper

**FOR THE SALAD:**

4 cups spring mix greens  
1 cup sliced cucumbers  
1 cup halved cherry tomatoes  
1 ripe avocado, halved,  
pitted, peeled, and diced  
1/4 cup thinly sliced red  
onion

## INSTRUCTIONS

**MAKE THE DRESSING:**

Add all of the dressing ingredients (dill, water, lemon juice, white wine vinegar, Dijon mustard, garlic, avocado, and salt) to a small blender or food processor and puree until smooth. Add more water, 1 tablespoon at a time, if needed to thin until pourable.

**MAKE THE SALMON:**

1. Add the avocado oil to a large cast-iron skillet over medium-high heat. Sprinkle the salmon with salt and pepper. Add the salmon to the pan and cook until golden on the bottom and opaque around the sides - around 4-5 minutes.
2. Flip the salmon and cook until browned on the second side and internal temperature reaches 145 degrees Fahrenheit.

**ASSEMBLE SALADS:**

Divide the lettuce, cucumber, cherry tomatoes, avocado, and red onion between 4 salad bowls. Top each with 1 piece of the salmon. Drizzle with dressing to serve.



## AVOCADO FROYO BARK

This refreshing, skin-loving treat is a good source of vitamin C and fiber, and provides 6% DV of vitamin E, 2% DV of vitamin A, 4 g of healthy fats, and has only 3 g of added sugars.

# AVOCADO FROYO BARK

**PREP TIME:**

10 minutes

**COOK TIME:**

4 hours  
(freeze time)

**READY IN:**

4 hours  
10 minutes

**SEE NUTRITION FACTS LABEL →**

## INGREDIENTS

2 cups plain nonfat Greek yogurt (Plus more avocado for serving, if desired)

2 Tbsp. honey

Juice of 2 limes

1/2 cup fresh strawberry slices

1/2 cup fresh blueberries

## INSTRUCTIONS

1. Prepare a baking sheet by lining it with parchment paper. Set aside.
2. In a high-speed blender combine the yogurt, mashed avocados, honey and lime juice. Blend until combined and smooth.
3. Spread the yogurt-avocado mixture onto the prepared baking sheet using an offset spatula into an even layer.
4. Sprinkle the yogurt mixture evenly with strawberry slices and blueberries.
5. Freeze the yogurt bark for at least 4 hours, or overnight.
6. Remove the yogurt bark from the freezer and break it into large chunks. Serve immediately.
7. Optional: Garnish each chunk with additional avocado slices before eating.

**avocados**

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