

Featured California Avocado Recipes from the 2025 Marketing Campaign

The summer edition of *From the Grove* features two of the recipes that are showcased in this season's advertising and social media campaign: *California Avocado Superfood Salad* and *Avocado Spinach Apple Smoothie*. The campaign communications also include key brand messages such as "California avocados are locally grown and responsibly farmed". These recipes originally were created for use in retail programs and for promoting the nutrition attributes of California avocados and healthy eating. Both are perfect for warm summer days. 🥑

California Avocado Superfood Salad

Seven superfoods combine in this delicious and colorful salad: kale, spinach, walnuts, blueberries, sweet potato, tomatoes and creamy California avocados. For a main dish summer salad, top with grilled salmon.

Serves: 4

Time: 15 minutes

Ingredients:

- 8 cups kale and/or baby spinach leaves
- 2 Tbsp. extra virgin olive oil, divided
- 1/2 tsp. fine sea salt, or to taste
- 1 cup walnuts
- 1 cup blueberries
- 1 cup diced, cooked sweet potato
- 1 cup halved grape tomatoes
- 2 ripe, Fresh California Avocados, seeded, peeled and sliced horizontally



Instructions:

1. Slice kale and spinach into fine shreds. Place in a mixing bowl and with clean hands massage half of the olive oil into the shredded greens. Place on a serving platter or individual plates and sprinkle with a little of the salt.
2. Heat the remaining oil in a medium skillet on medium heat. Add the walnuts and stir to coat with the oil. Toast for 2 to 5 minutes, stirring frequently and being careful not to burn them. Remove from the pan and let cool slightly. (This step may be prepared ahead of time or may be skipped if you prefer not to toast the walnuts.)
3. Meanwhile arrange the blueberries, sweet potatoes, grape tomatoes and avocado slices on top of the kale and spinach, leaving space for the walnuts.
4. Add walnuts to the salad and sprinkle the remaining salt over all.

Serving Suggestion: Serve with your favorite vinaigrette dressing on the side.



Avocado Spinach Apple Smoothie

“Avocado Smoothie” is one of the top 10 food-related avocado phrases that consumers search for on the internet, so the California Avocado Commission provides plenty of California avocado smoothie ideas for fans. One serving of this simple *Avocado Spinach Apple Smoothie* has 350 calories with 15 g dietary fiber and 5 g protein. The recipe is easy and refreshing, and it can be made into a tasty dessert using an ice cream maker (use the optional maple syrup or other sweetener if freezing).

Serves: 1

Time: 5 minutes

Ingredients:

- 1 cup coconut water, or more to preference
- 1 large ripe sweet apple, cored, peeled and diced
- 1 cup baby spinach leaves (or use ½ cup cooked, chilled spinach or other cooked greens)
- 1/2 ripe, Fresh California Avocado, seeded and peeled
- 1/8 tsp. cinnamon, optional
- 1 Tbsp. maple syrup or other sweetener, optional
- 1 scoop non-dairy protein powder, optional

Instructions:

1. In a blender or food processor combine all ingredients. Use smoothie, purée or frappe setting if available. If necessary, stop blender and carefully stir ingredients, then blend again until smooth.
2. Taste smoothie and add more coconut water to thin and/or sweetener and add-ins if desired.
3. Pour into a large glass or smoothie bowl and enjoy.

** 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.*