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¡Yo Quiero!'s Avocado & Egg delivers better-for-you
breakfast across the U.S.

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In response to the overwhelming demand for 'better for you' convenient breakfast options, Fresh Innovations LLC, the parent company to ¡Yo Quiero!, has launched the most innovative product in their roster yet: Avocado & Egg.

Nutritionists and the medical community herald this nutrient-dense combination as being not only excellent for regenerative health and longevity but as a nourishing way to kickstart the day.

"The unique blend of avocados and eggs is not only satisfying but also packed with nutrition. This powerful combination features avocados, offering potassium, fiber, heart-healthy monounsaturated fat, and folate, with eggs, contributing protein and essential micronutrients such as choline, B vitamins, and vitamin D," said Tara Murray, vice president of marketing for ¡Yo Quiero!. "Avocados are hands down the health world's most popular fruit — and for good reason. They're straight-up loaded with nutritional benefits. In fact, registered dietitians say that it's 100 percent OK to eat avocado every single day."



“When it comes to heart health, I always recommend that people look for nutrient-dense foods that contain dietary fiber and good-for-you unsaturated fats. They're both excellent for longevity, and most people aren't

consuming enough of them — especially fiber,” said David Sabgir, the founder of Walk With a Doc and a spokesperson for Fresh Avocados – Love One Today.

Avocados are a good source of folate, which plays an important role in overall dietary health. Studies have also found links between low folate levels and depression. Folate helps prevent the buildup of homocysteine, a substance that can impair circulation and delivery of nutrients to the brain.

Not only will the winning combination of avocado and egg help someone feel good, but it will also help people look as good as they feel. According to the National Library of Medicine, avocados are one of the few foods that contain significant levels of both vitamins C and E. Vitamin C plays an important role in recycling vitamin E to maintain circulatory antioxidant protection. The antioxidants can also help keep skin looking youthful by smoothing out wrinkles. And the same nutrients that protect your eyes also protect your skin from UV damage.

“There is no question about the power of the pairing of avocado and eggs,” added Jay Alley, co-owner and vice president of ¡Yo Quiero! “These two nutrient-rich foods, when teamed up, help build a healthy brain, promote stress-reducing hormones, keep the heart healthy, combat aging and fight insomnia. So, as innovators in all things avocado, as the demand continues to increase, we are bringing this new product to retail stores as quickly as we can.”

¡Yo Quiero!’s Avocado & Egg is packaged with four two-ounce mini cups recommended for health-conscious breakfast-eaters everywhere. ¡Yo Quiero!’s Egg & Avocado packs, flavored With Everything Seasoning, Spicy Crushed Red Pepper, or Spinach Tomato Onion, are currently available at select Costco Stores.

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