

You've Been Throwing Out the Healthiest Part of Avocados This Entire Time

Source: *MSN Health & Fitness*



You'll never see the fruit the same way again.

Besides being creamy and delicious, avocados are often hailed as a superfood for their healthy fats. Experts are now saying, though, that the most nutritious part of the fruit might just be in your trashcan.

Whether you're preparing an avocado salad or guacamole, chances are you're prepping the fruit the same way. You slice it open, ditch the large seed, and then dive into the green goodness. While that routine never fails when it comes to delicious avocado recipes, the *seed* is actually a nutritional powerhouse, it turns out.

According to One Green Planet, "the seed holds 70 percent of the avocado's antioxidants, including the well-respected polyphenols associated with green tea." It's also packed with soluble fiber and healthy oils. Those oils then do wonders for your skin's collagen, reducing wrinkles. Who knew?!

Since the seed is rock solid (and biting into it is asking for a dental disaster), it's best to cut it up into quarters, and put the pieces in a food processor to grind it into a powder. From there, you can add the vitamin-filled powder to your next morning smoothie.

Half of the resulting powder is just enough for one serving. Given the bitterness of the seed, it's also best to blend it with very flavorful fruits and veggies.