

Video: Why are avocados so awesome?

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Credit: The American Chemical Society

Whether they're in a big bowl of guacamole for your Cinco de Mayo festivities or scooped on top of your salad, avocados enjoy a special place in our hearts and stomachs. On top of being tasty, avocados are a noted superfood with a number of fantastic health benefits.

This week, Reactions has mashed up some fantastic avocado facts, as well as some cooking tips from the pros.

Dip into the video here:

Provided by American Chemical Society

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