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Avocado recipes

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What avocado lovers can do amid potential avocado shortage

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If you've got avocados in your kitchen, put them in your fridge, store them in your freezer or whip up a bowl of guacamole tonight—because avocados may become scarcer in the coming weeks.

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Avocado imports from Mexico to the U.S. were temporarily suspended after a U.S. inspector working in Mexico's state of Michoacan received threats. Although the U.S. Embassy announced that the ban will be lifted, higher prices and minimal inventory in grocery stores for the beloved green fruit could be expected.

In case you can't find any avocados the next time you go shopping, here's what we recommend for keeping your avocados fresher longer, along with different food you can substitute for the top of your toast or in your salad.

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Freeze your avocados

If you want to make the avocados you are already buying last longer, you can actually store avocados in your freezer.

Monica Petrucci, Reviewed's senior staff writer for Kitchen and Cooking, says you can dice up your avocados and store them in the freezer, noting it's the most convenient way to freeze them. But if you're not looking to dice them, you can also throw half of an avocado into the freezer. "It's recommended that you either wrap it in plastic wrap or store it in an airtight bag (or both) before freezing," says Petrucci.

When you thaw your avocado, make sure to use them quickly—Petrucci recommends that you leave them to thaw in the fridge overnight. As you can imagine, the avocado's texture won't be quite the same as pre-freezing, becoming slightly watery as you defrost it. You can use frozen avocados to make smoothies, sauces, dressings or even ice cream (yes, avocado ice cream is a thing—and it's good).

You may also be able to buy frozen avocado chunks in the frozen produce aisle of your grocery store, which is a great alternative if you can't find fresh avocados.

Make halved avocados last longer

If you are an avid avocado consumer, you know that eating just half of an avocado means trying to keep the other half fresh for the next meal.

Thankfully, there are a few tricks you can employ to make those halves just as good as a freshly cut fruit. When we tested the best method for preserving avocados, we found that keeping the half with the pit intact can do wonders. While it most likely won't be perfectly green the next day, it will still preserve its flavor and texture. We also found success with applying oil to a halved avocado (without the pit), although it does change the flavor and texture slightly. Lastly, submerging an avocado in water has gone viral on TikTok and we're certainly intrigued, though we haven't tested this method yet ourselves.

Shop avocado products beyond the produce section

If you end up struggling to find fresh avocados at your grocery store, there are some pre-made snacks made with avocados that may last longer on your shelves and in your fridge. While inventory may also be low on these products, you might have more luck finding items like pre-made guacamole, dressings, sauces, oils and even snacks like avocado crisps if you can't get your hands on actual avocados.

Pre-made guacamole packs typically have a longer shelf life than fresh, homemade guacamole, lasting anywhere from weeks to months in its container. This shelf life can

be extended even longer if you pop them in the freezer—Wholly Guacamole's pre-made avocado products, for example, can be frozen and kept for up to three months.

Opt for an avocado substitute

While there isn't another fruit out there that's quite like avocado, there are plenty of other creamy, nutritious foods you can opt for instead.

If you're looking for a spread to fill the avocado void, Petrucci recommends hummus or tzatziki for a creamy addition to your meals.

For avocado-toast fanatics, there are many other breakfast or snack combinations to try in its place. "If you're looking for a different toast-topper, I'd go for bananas or a nut-based spread with chia or flax seeds for those omega-3s," says Petrucci. Peanut butter and almond butter are both great spreads if you like the creamy texture on toast.

If you're looking for a protein-packed alternative for your salads, Petrucci recommends adding more legumes into your rotation. "White beans or chickpeas are super healthy and versatile enough to add to almost anything."

White beans and chickpeas are great additions to salads, soups or wraps. You can even mash down chickpeas and add a topping like buffalo sauce to give your sandwich a flavorful kick.

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