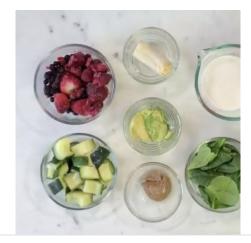


Creamy Avocado Berry Smoothie

Prep Time 50 mins Total Time 0 mins

Meal Type Breakfast,Lunch,Snack

Servings 1



Ingredients



- 1/2 cup zucchini, chopped and frozen
- 1/2 banana, frozen
- 1/2 cup berries, frozen
- 1/4 avocado
- 1 Tbs almond butter (or alternative)
- 1 cup spinach
- 1 cup almond milk (or alternative)

Directions

Prep

1. While it is not completely necessary to freeze the zucchini and banana, it does yield a creamier smoothie.

Make

- 1. Add all ingredients to blender and process until creamy.
- 2. If more sweetness is desired, feel free to add sweetener of choice to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

| Nutritio | n | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* | |
|-------------------------|-----|--|----------------|-------------------------|----------------|--|
| Facts | | Total Fat 20.0g | 30% | Total Carbohydrates 34g | 11% | * The percent Daily Value (DV) tells you how much a |
| | | Saturated Fat 2.3g | 11% | Dietary Fiber 12g | 47% | |
| | | Trans Fat 0.0g | | Total Sugars 15g | | nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |
| Calories per serving | 314 | Cholesterol 0mg | 0% | | | |
| | | Sodium 259mg | 11% | Protein 8g | | |
| | | Vitamin D 0mcg 0% · Calcium 119mg 11% · Iron 3mg 14% · Potassium 989mg 21% | | | | |

- Show all nutrients -