

Creamy Avocado Berry Smoothie

Prep Time 50 mins
 Total Time 0 mins
 Meal Type Breakfast,Lunch,Snack
 Servings 1



Ingredients

lb,c g,ml

- 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.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	314	Total Fat 20.0g	30%	Total Carbohydrates 34g	11%
		Saturated Fat 2.3g	11%	Dietary Fiber 12g	47%
		Trans Fat 0.0g		Total Sugars 15g	
		Cholesterol 0mg	0%	Protein 8g	
		Sodium 259mg	11%		
Vitamin D 0mcg 0% · Calcium 119mg 11% · Iron 3mg 14% · Potassium 989mg 21%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -