

Perfect Avocado Smoothie

Prep Time: 5 minutes Cook Time: 0 minutes

Yield: 2 smoothies 1x



Here's how to make the best avocado smoothie: creamy and full of tropical flavor! It's plant-based and loaded with nutrients, ideal for breakfast and snacks.

Ingredients

- 1/2 ripe avocado
- 1 large green apple
- 1 banana
- 1 cup baby spinach or kale, loosely packed (or other chopped greens)
- 1/2 cup water
- 1 cup frozen pineapple chunks
- 10 ice cubes
- 1 tablespoon lemon juice

Instructions

1. Pit the avocado and scoop out one half of the flesh into the blender. Chop the apple, leaving the skin on. Break the banana into pieces and place them both in the blender. Add the water and baby kale leaves. Blend until smooth.
2. Add the ice, frozen pineapple or mango, and lemon juice. Blend again until smooth. Eat immediately or store 1 to 2 days in a sealed jar; if it separates, shake to re-integrate it.

nutrition facts

Serves 2

Calories Per Serving: **305**

		% DAILY VALUE	
Total Fat 9.4g	12%	Saturated Fat 1.3g	
Total Carbohydrate 58.9g	21%	Dietary Fiber 9.3g	33%
Sugars 42.9g		Protein 2.8g	6%
Vitamin A 51µg	6%	Vitamin C 33.8mg	38%
Calcium 38.9mg	3%	Iron 1.2mg	7%
Vitamin D 0µg	0%	Magnesium 53.2mg	13%
Potassium 761.9mg	16%	Vitamin B6 0.5mg	31%
Vitamin B12 0µg	0%		