

Raspberry Avocado Smoothie

INGREDIENTS:

- 1 cup frozen raspberries
- 1/2 large avocado
- 1 banana, peeled, chopped, and frozen
- 1 cup plain Greek yogurt
- 1/2 teaspoon vanilla
- 1 tablespoon honey or stevia (optional)
- Milk to taste (optional)

DIRECTIONS

1. Blend all desired ingredients until smooth. For a thinner consistency, add a splash of milk and blend until incorporated.

Nutrition Facts

Serving Size (286g)
Servings Per Container 2

Amount Per Serving

Calories 230 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 30g **10%**

Dietary Fiber 9g **36%**

Sugars 15g

Protein 12g

Vitamin A 2% • Vitamin C 45%

Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

