



Avocado Smoothie

An easy way to get in healthy fats with this on-the-go breakfast that adults and kids love!

<u>U.S.</u>		<u>Metric</u>
2 each	Avocado, ripe	2 each
1 cup	Milk, 1%	236 mL
1/2 cup	Yogurt, greek, lowfat	120 g
1/4 cup	Applesauce, unsweetened	30 g
2 Tbsp	Honey	30 ml
2 tsp	Vanilla Extract	10 ml

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in a blender and puree until smooth.
4. Enjoy immediately!

Nutrition Facts

Serving size	1 smoothie
Servings	(~1 1/4 cup)
	4
Calories	250
Calories from Fat	140
Total Fat	15 g
Saturated Fat	2.5 g
Trans Fat	0 g
Monounsaturated Fat	10 g
Cholesterol	5 mg
Sodium	45 mg
Carbohydrates	23 g
Dietary Fiber	7 g
Sugars	15 g
Protein	7 g
Vitamin A	4 %
Calcium	15 %
Vitamin C	15 %
Iron	4 %
Phosphorus	152 mg
