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AVOCADO BERRY SMOOTHIE

INGREDIENTS

- 1 ripe, fresh avocado
(seeded, peeled)
- 1 (10-oz) package frozen
raspberries, fruit only, no
added sugar
- 1 1/4 cups orange juice
- 1 cup ice



DIRECTIONS

1. Place avocado, raspberries, orange juice and ice in a blender.
2. Cover and blend until smooth.
3. Pour into glasses and serve immediately.

Tip: Large avocados are recommended for this recipe. A large avocado averages about 8 oz. If using smaller or larger size avocados adjust the quantity accordingly.

NUTRITIONAL INFORMATION | Serving size: 3/4 cup Calories: 140;
Fat: 7.0g; Saturated Fat: 1.0g; Polyunsaturated Fat: 1.0g;
Monounsaturated Fat: 4.0g; Total Carbohydrate: 18g; Dietary
Fiber: 4g; Sugars: 10g; Protein: 2 g; Recipe makes 4 Servings