

Avocado Smoothie

Serves: 2

Prep: 10 mins

Ingredients

- 1 Avocado – 150g flesh
- 75ml apple juice
- 1 Tbs honey
- 250 ml plain light yoghurt
- 100g ice cubes
- Pinch sea salt

MJ Nutrition

Exchanges per serve

   
0.25 0.5 2.0 1.5

Nutrients per serve

1212kJ (290cals), 9.1g Protein
17.2g Fat, 3.8g Saturated Fat,
23.6g Carbs, 23.6g Sugars,
1.1g Fibre, 98mg Sodium

Method

1. Add all ingredients into blender.
2. Blend until smooth.
3. Serve.



Source: Alan Brown at 'Nutrient Rich Fitness'

Date: 29 March 2011