



Kiwi Avocado Smoothie

Servings: 2

Ingredients

2 cups dark leafy greens of your choice

1 cup non-dairy milk, your choice

½ cup water

1 cup frozen mango

3 ripe kiwis (can leave peel on!)

4 brazil nuts (or ¼ cup favorite nuts)

A few ice cubes

½ ripe avocado, pitted and peeled



What you'll need



measuring cups



measuring spoons



blender

Nutrition Facts

Servings 2

Amount Per Serving

Calories 289

% Daily Value

Total Fat 15.3g 20%

Saturated Fat 2.5g 12%

Cholesterol 0mg 0%

Sodium 103mg 4%

Total Carbohydrate 38.8g 14%

Dietary Fiber 9.3g 33%

Sugars 24.3g

Protein 5g

Vitamin D 50mcg 250%

Calcium 90mg 7%

Iron 2mg 9%

Potassium 919mg 20%

Instructions

1. Blend greens (2 cups), milk (1 cup), and water (½ cup) until well blended.
2. Add the mango, kiwis, nuts (¼ cup) and ice and blend until smooth.
3. Once well blended, add the avocado (½) and blend until just incorporated (over-blending avocado will make it too creamy).
4. If using protein powder or seed mix, add at the very end and blend for a few seconds.



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