



## **Mixed Berry Avocado Smoothie (Cancer)**

An easy way to get in healthy fats, can also be frozen into popsicles! Can add protein powder if desired to increase protein.

### **U.S.**

1/2 each  
1 1/2 cup  
2 cups  
2 Tbsp

Avocado  
Mixed berries, frozen  
Whole Milk  
Honey

### **Metric**

1/2 each  
355 mL  
473 mL  
56 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Place all ingredients in a blender and puree until smooth.
3. Enjoy immediately, or freeze into pops.

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## Nutrition Facts

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2 Servings

**Serving size**                      **1 3/4 cups**

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**Amount per serving**

**Calories**                              **320**

Calories from Fat                      120

**Total Fat**                              13 g

    Saturated Fat                        5 g

    Trans Fat                              0 g

    Monounsaturated Fat                6 g

**Cholesterol**                          25 mg

**Sodium**                                110 mg

**Total Carbohydrate**                45 g

    Dietary Fiber                        6 g

    Total Sugars                         37 g

        Includes 17g Added Sugars

**Protein**                                9 g

Vitamin D                                21 %

Calcium                                  30 %

Iron                                        2 %

Potassium                                638 mg

Phosphorus                               225 mg

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