



## Strawberry Avocado Smoothie

An easy way to get in healthy fats with this on-the-go breakfast!

### U.S.

1 each	Avocado, ripe
1 1/2 cup	Strawberries, frozen
2 cup	Milk, 1%
2 Tbsp + 2 tsp	Honey

### Metric

1 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!

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### **Nutrition Facts**

<b>Serving size</b>	<b>1 smoothie</b>
	<b>(~1 3/4 cup)</b>
<b>Servings</b>	<b>2</b>
<b>Calories</b>	400
Calories from Fat	160
Total Fat	18 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	11 g
Cholesterol	10 mg
Sodium	150 mg
Carbohydrates	56 g
Dietary Fiber	9 g
Sugars	29 g
Protein	12 g
Vitamin A	15 %
Calcium	40 %
Vitamin C	100 %
Iron	10 %
Phosphorus	341 mg

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