



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Avocado Smoothie

An easy way to get in healthy fats with this on-the-go breakfast that adults and kids love!

U.S.

2 each	Avocado, ripe
1 cup	Milk, 1%
1/2 cup	Yogurt, plain, lowfat
1 Tbsp	Honey
2 tsp	Vanilla Extract

Metric

2 each
236.6 mL
118.3 g
15 g
5.7 g

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in a blender and puree until smooth.
4. Enjoy immediately!

*****Nutrition Facts On Reverse *****

Nutrition Facts**Serving size** **1 smoothie**
(~1 3/4 cup)**Servings** **3****Calories** 300

Calories from Fat 180

Total Fat 21 g

Saturated Fat 3.5 g

Trans Fat 0 g

Monounsaturated Fat 13 g

Cholesterol 5 mg

Sodium 75 mg

Carbohydrates 25 g

Dietary Fiber 9 g

Sugars 14 g

Protein 8 g

Vitamin A 6 %

Calcium 25 %

Vitamin C 20 %

Iron 6 %

Phosphorus 212 mg
