



Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Plain Coconut Milk (unsweetened, from the box)
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Frozen Cauliflower
- 1/2 cup Frozen Berries
- 1/4 Avocado
- 1 tbsp Chia Seeds
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	370
Fat	17g
Monounsaturated	5g
Carbs	33g
Fiber	12g
Sugar	18g
Protein	25g
Cholesterol	4mg
Sodium	93mg
Potassium	924mg
Vitamin A	773IU
Vitamin C	57mg
Calcium	674mg
Iron	3mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.