



April 10- Strawberry Avocado Smoothie

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=223778>

Recipe

Ingredients:

- 1 6-ounce container of strawberries
- 2 ½ avocados
- 1 6-ounce fat-free strawberry yogurt
- 1 tray of ice cubes

Directions:

1. Combine and mix all ingredients in blender until smooth and creamy.

Yield 8 servings

Nutrition Facts

Serving Size 1 cup (208.4g)
Servings Per Container 8

Amount Per Serving

Calories 180 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2g **9%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 19g **6%**

Dietary Fiber 7g **26%**

Sugars 10g

Protein 4g **8%**

Vitamin A 8% • Vitamin C 70%

Calcium 8% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.