



# AVOCADO BERRY SMOOTHIE

A CREAMY TREAT FOR THE WHOLE FAMILY



EASY-TO-MAKE

**MAKES:** 2 SERVINGS

**CALORIES:** 315 PER SERVING

**PREP TIME:** 5 MIN

**TOTAL TIME:** 10-15 MIN

## INGREDIENTS

- 1 cup zucchini, chopped and frozen
- 1 banana, frozen
- 1 cup berries, frozen
- 1/2 avocado
- 2 Tbs almond butter (or alternative)
- 2 cup spinach
- 2 cup almond milk (or alternative)

## PREP

1. While it is not completely necessary to freeze the zucchini and banana, it does yield a creamier smoothie.

## MAKE

1. Add all ingredients to blender and process until creamy.
2. If more sweetness is desired, feel free to add sweetener of choice to taste.