



Avocado, Banana, Orange and Yogurt Smoothie

4 Servings

INGREDIENTS

- 1 fresh avocado, halved, pitted and peeled
- ½ fresh banana
- 1–½ cup of orange juice
- 6 ounces low-fat vanilla yogurt
- 1 cup of ice

DIRECTIONS

1. In blender, combine all ingredients until smooth.

NUTRITION ANALYSIS (PER SERVING)

Calories	170
Total Fat	8 g
Saturated Fat.....	1.5 g
Trans Fat.....	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	5 g
Cholesterol.....	<5 mg
Sodium.....	35 mg
Carbohydrates.....	23 g
Fiber	4 g
Sugars	16 g
Protein	4 g

Dietary Exchanges: 2 carb, 1 lean meat, 2 fat

This recipe from Avocados From Mexico is an American Heart Association Heart-Check Certified recipe.

