



Thick and Creamy Smoothie

Yield: Two 8 oz. servings

Ingredients:

- 1 cup fresh strawberries
- 1/2 ripe avocado
- 1 large banana
- 1 cup unsweetened almond milk
- 1-3 teaspoons agave syrup or sweetener of choice

Sources:

Verywellfit.com, Yayforfood.com

Directions:

1. Place ingredients in a high-powered blender and blend until smooth.
2. Once blended, taste and adjust according to preferences, such as adding more strawberries or more sweetener.
3. Pour into a glass and drink. Smoothie is best if consumed shortly after being blended, rather than hours later.

Nutritional facts per serving:

Calories:	272	Dietary fiber:	8.2 g
Fat:	16 g	Protein:	3 g
Total carbohydrate:	34.5 g	Potassium:	766 mg