



Avocado Berry Smoothie

This is a delicious, refreshing smoothie that delivers a distinct nutrient punch. Did you know that avocados are a fruit? They are unique because they are the only fruit than contains monounsaturated fat. They also contribute nearly 20 vitamins, minerals, and phytonutrients.

Prep: 5 minutes • Total: 5 minutes

Ingredients:

Avocado, pitted and peeled	1 each	1 each
Raspberries	1 ¼ cups	310 mL
Orange Juice	1 cup	250 mL
Ice cubes	1 cup	250 mL

Directions:

1. Place avocado, raspberries, orange juice and ice in a blender. Cover and blend until smooth.
2. Pour into glasses and serve immediately or refrigerate for later.

Note: Frozen blueberries are a great substitute for raspberries.

Nutrition Facts

Serving Size (183g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 7g	28%
Sugars 9g	
Protein 2g	
Vitamin A 4%	Vitamin C 80%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from: Hass Avocado

Makes 4 servings (183 g / serving) • 1 serving = ½ cup

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