



Suco de Banana e Abacate

(or, Banana-Avocado Smoothie)

Local legend (this suco has its origins in Rio de Janeiro) claims that the combination of banana and avocado is soothing to the stomach. And who are we to argue with local legend, especially when it's this delicious? Thanks to the avocado, this smoothie is high in monounsaturated fat, which can improve your cholesterol levels and may decrease your risk of heart disease. Its high satiety value and quick preparation make it perfect for breakfasts on-the-go.

Prep: 2 minutes • Total: 5 minutes

Ingredients:

Avocado, pitted and peeled	½ large	½ large
Bananas, peeled	2 medium	2 medium
Skim milk	½ cup	125 mL
Sugar	1 tbsp	15 mL
Ice	1 cup	250 mL

Directions:

1. Pit an peel ½ of a ripe avocado, using a knife and cutting board.
2. Add all ingredients to blender, and puree until smooth.
3. Pour into 2 tall glasses and serve.

Nutrition Facts

Serving Size (219g)		Servings Per Container	
Amount Per Serving			
Calories 210	Calories from Fat 60		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 5mg	2%		
Sodium 30mg	1%		
Total Carbohydrate 39g	13%		
Dietary Fiber 4g	16%		
Sugars 24g			
Protein 4g			
Vitamin A 6%	• Vitamin C 20%		
Calcium 8%	• Iron 2%		
*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: Saveur Magazine, issue 72

Makes 2 servings (219g / serving) • 1 serving = ½ of the smoothie mix

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