

Green Smoothie



GREEN SMOOTHIE

ingredients

½ avocado, peeled and diced
1 cup spinach
1 tablespoon honey
1 teaspoon lime juice
1 cup liquid (water, juice, milk, or dairy-free milk)
½ cup low-fat vanilla or plain yogurt
Ice cubes

directions

Place all ingredients in a blender and blend until smooth. Serve immediately.

notes

Fruits and vegetables can be prepared in advance and frozen. Skip the ice cubes when using frozen ingredients.