

# Berry Avocado Smoothie

7 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### No Chia Seeds

Use flax seeds instead.

### No Avocado

Use almond butter or sunflower seed butter instead.

### Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder.

## Ingredients

**1 cup** Plain Coconut Milk (unsweetened, from the box)

**1/2** Zucchini (chopped, frozen)

**1/4 cup** Frozen Cauliflower

**1/2 cup** Frozen Berries

**1/4** Avocado

**1 tbsp** Chia Seeds

**1/4 cup** Vanilla Protein Powder

## Nutrition

Amount per serving

<b>Calories</b>	370	<b>Protein</b>	25g
<b>Fat</b>	17g	Sodium	93mg
Saturated	6g	Calcium	674mg
Polyunsaturated	1g	Iron	3mg
Monounsaturated	5g	Vitamin D	101IU
<b>Carbs</b>	33g	Folate	91µg
Fiber	12g	Vitamin B12	3.6µg
Sugar	18g		