



# Kiwi Avocado Smoothie

Servings: 2

## What you'll need



measuring  
spoons



measuring  
cups



blender

## Ingredients

2 cups dark leafy greens of your choice

1 cup non-dairy milk, your choice

½ cup water

1 cup frozen mango

3 ripe kiwis (can leave peel on!)

4 brazil nuts (or ¼ cup favorite nuts)

A few ice cubes

½ ripe avocado, pitted and peeled

## Directions

1. Blend greens (2 cups), milk (1 cup), and water (½ cup) until well blended.
2. Add the mango, kiwis, nuts (¼ cup) and ice and blend until smooth.
3. Once well blended, add the avocado (½) and blend until just incorporated (over-blending avocado will make it too creamy).
4. If using protein powder or seed mix, add at the very end and blend for a few seconds.



## Nutrition Facts

Servings 2

Amount Per Serving

**Calories** **289**

% Daily Value

**Total Fat** 15.3g **20%**

Saturated Fat 2.5g **12%**

**Cholesterol** 0mg **0%**

**Sodium** 103mg **4%**

**Total Carbohydrate** 38.8g **14%**

**Dietary Fiber** 9.3g **33%**

**Sugars** 24.3g

**Protein** 5g

Vitamin D 50mcg **250%**

Calcium 90mg **7%**

Iron 2mg **9%**

Potassium 919mg **20%**



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