

Avocado Melon Breakfast Smoothie

Serves 2

Ingredients:

- 1 large, ripe avocado
- 1 cup honeydew melon chunks
- Lime, juiced (1 ½ teaspoons lime juice)
- 1 cup fat free milk
- 1 cup fat-free plain yogurt
- ½ cup 100% apple juice OR white grape juice
- 1 tablespoon honey or maple syrup*



Directions:

1. Cut avocado in half and remove pit.
2. Scoop out avocado and place in blender, then add remaining ingredients. Blend until smooth.
3. Serve cold! Can keep in refrigerator for up to 24 hours. If made ahead, stir gently before pouring into a glass.

*Tip: leave out the honey and maple syrup to reduce the sugar content. When ripe, fruit should still provide plenty of sweetness!

Nutrition Information per serving (½ recipe):

Calories: 320, Total Fat: 11 g, Saturated Fat: 2g, Unsaturated Fat: 9g, Cholesterol: 5 mg, Sodium: 170mg, Carbohydrate 46 g, Fiber: 5g, Sugar: 37g, Added sugar: 4g, Protein: 13g

SOURCE: <https://www.myplate.gov/recipes/myplate-cnpp/avocado-melon-breakfast-smoothie>
