

Avocado-Mango Smoothie

From the National Dairy Council:

<http://www.nationaldairycouncil.org/Recipes/Pages/Avocado-MangoSmoothie.aspx>

Ingredients

- 1 medium ripe avocado
- 1 cup frozen mango chunks
- 2 cups fat-free milk
- 1 (8oz) container vanilla bean low-fat frozen yogurt
- 1 tsp. chopped fresh mint leaves
- 2 tsp. lime juice
- 1 tsp. lime zest
- 1 Tbs. agave syrup (or honey or simple syrup)
- 1 cup (more or less as needed) ice cubes

Instructions

1. Remove flesh from avocado, cut into coarse chunks. Place in blender with mango, milk, yogurt, mint, lime juice and zest, agave syrup, and ice cubes. Process until smooth.
2. Pour smoothie into tall glasses and serve

Makes 4 servings

Nutrition information per serving:

Calories	235
Carbohydrate	35 g
Dietary Fiber	5 g
Protein	8 g
Total Fat	8 g
Saturated Fat	1.5 g
Sodium	105 mg

