AVOCADO MELON BREAKFAST SMOOTHIE

A delightful concoction of green fruit plus fat-free dairy. With convenience built in, this refreshing smoothie can be made a day ahead. Keeps well in the refrigerator up to 24 hours.

Preparation time: 5 minutes
Serves: 2

INGREDIENTS:

- 1 large, ripe avocado
- 1 cup honeydew melon chunks (about 1 slice)
- Juice from ½ lime (1½ tsp lime juice)
- 1 cup (8 oz) milk, fat-free
- 1 cup fat-free yogurt, plain
- ½ cup 100% apple juice or white grape juice
- 1 tbsp honey

DIRECTIONS:

1. Cut avocado in half, remove pit.
2. Scoop out flesh, place in blender.
3. Add remaining ingredients; blend well.
4. Serve cold. (Holds well in refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses.)

Serving Suggestions:

Serve with one slice toasted whole-wheat bread.

Food Group Amounts	
Dairy	1 cup
Fruits	1½ cups
Vegetables	- -
Grains	- -
Protein	- -

Nutrition Facts
Serving Size 482 g

Amount Per Serving	
Calories 320	Calories from Fat 100
	%Daily Value*
Total Fat 11g	**17%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 170mg	**7%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 5g	**20%**
Sugars 37g	
Protein 13g	

Vitamin A 8% • Vitamin C 80%
Calcium 40% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Tips on how to select and store:

- Look for fresh avocados with uniform fruit appearance that are heavy for their size. Avoid dark blemishes or overly dark fruit. To tell if an avocado is ready for immediate use, gently squeeze the fruit in the palm of your hand. Ripe, ready-to-eat fruit will yield to gentle pressure.
- Place your avocado sideways on the table, cut it lengthwise around the seed. Turn and cut again. Pull apart the four quarters and remove the seed.

Recipe Submitted by Produce For Better Health Foundation

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