

Avocado Berry Smoothie

A sweet berry packed smoothie (yes avocados are a berry too!) that can be made in just 5 minutes!

This Heart-Check Certified recipe is brought to you by Hass Avocado Board.

Ingredients

4 Servings

- + 1 ripe, fresh **avocado** (seeded, peeled)
- + 1(10-oz.) package frozen raspberries, fruit only, no added sugar
- + 1 1/4 cups **orange juice**
- + 1 cup **ice**

 **3/4 cup** Serving size

 **5 min** Total time

 **5 min** Prep time

 **140** Calories per serving

 **1.0 g** Sat. Fat per serving

 **0 mg** Sodium per serving

Quick Tips





Tip: Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

Directions

- 1 Place avocado, raspberries, orange juice and ice in a blender.
- 2 Cover and blend until smooth.
- 3 Pour into glasses and serve immediately.

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