

Avocado Melon Breakfast Smoothie

Rating: ★★★★★

Prep time: 5 minutes

Makes: 2 Servings

A delightful concoction of green fruits and vegetables 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.

Ingredients

- 1 large, ripe avocado
- 1 cup honeydew melon chunks (about 1 slice)
- 1/2 lime, juiced (1 1/2 tsp lime juice)
- 1 cup 8 oz milk (fat free)
- 1 cup fat-free yogurt (plain)
- 1/2 cup 100% apple juice or white grape juice
- 1 tablespoon 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. (Keeps well in refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses.)

Notes



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	320	
Total Fat	11 g	17%
Protein	13 g	
Carbohydrates	46 g	15%
Dietary Fiber	5 g	20%
Saturated Fat	1.5 g	8%
Sodium	170 mg	7%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1/4 cup
Dairy	1 cup

Serving Suggestions: Serve with one slice toasted whole-wheat bread.

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