

Citrus Avocado Smoothie

5 ingredients · 10 minutes · 1 serving



Directions

1. Combine all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor

Add your sweetener of choice. Add protein powder, collagen powder, hemp seeds, blueberries, or spinach.

Ingredients

- 1/2 Avocado
- 1/3 Cucumber (medium)
- 1 Lime (juiced, zested)
- 4 Ice Cubes
- Sea Salt & Black Pepper (to taste, optional)

Nutrition

Amount per serving

Calories	187	Calcium	34mg
Fat	15g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	2g	Thiamine	0.1mg
Monounsaturated	10g	Riboflavin	0.2mg
Carbs	16g	Niacin	2mg
Fiber	7g	Vitamin B6	0.3mg
Sugar	3g	Folate	93µg
Protein	3g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	83mg
Sodium	10mg	Magnesium	46mg
Potassium	686mg	Zinc	1mg
Vitamin A	274IU	Selenium	1µg
Vitamin C	26mg		