

Avocado Smoothie

- 1 cup orange juice
- 1/2 cup Avocado
- 1 banana
- 1 tablespoon honey
- 1 cup yogurt, skim milk

1. Place the ingredients in the blender
2. Blend until completely smooth; serve chilled

Servings: 2; Per Serving: 269 Calories; 6g Fat (20.0% calories from fat); 9g Protein; 48g Carbohydrate; 3g Dietary Fiber; 2mg Cholesterol; 100mg Sodium.
Exchanges: 2 fruit; 1/2 Non-fat Milk; 1 Fat; 1/2 Other Carbohydrates.