

PINEAPPLE, MANGO & AVOCADO SMOOTHIE

Makes 2.

By Dennis W. Viau; modified from smoothie recipe book.

These ingredients make a light green smoothie with a lightly sweet and delicate flavor. Avocado adds healthy fat. Chia seeds increase the nutrients.

Ingredients:

1 cup (130g) frozen pineapple pieces
1 cup (110g) frozen mango pieces
1 medium avocado
Juice of 1 lime
2 cups orange juice
1 tablespoon chia seeds

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending.

Those needing numbers for calories, carbohydrates, fiber, etc. can find that information on product Nutritional Facts labels and on the CalorieKing.com web site.

