

# Green Smoothie



# GREEN SMOOTHIE

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## *ingredients*

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½ avocado, peeled and diced  
1 cup spinach  
1 tablespoon honey  
1 teaspoon lime juice  
1 cup liquid (water, juice, milk, or dairy-free milk)  
½ cup low-fat vanilla or plain yogurt  
Ice cubes

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## *directions*

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Place all ingredients in a blender and blend until smooth. Serve immediately.

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## *notes*

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Fruits and vegetables can be prepared in advance and frozen. Skip the ice cubes when using frozen ingredients.