Avocado, Banana, Orange and Yogurt Smoothie

4 Servings

INGREDIENTS
1 fresh avocado, halved, pitted and peeled
½ fresh banana
1–½ cup of orange juice
6 ounces low-fat vanilla yogurt
1 cup of ice

DIRECTIONS
1. In blender, combine all ingredients until smooth.

NUTRITION ANALYSIS (PER SERVING)
Calories ........................................ 170
Total Fat ...................................... 8 g
Saturated Fat ............................... 1.5 g
Trans Fat ................................... 0 g
Polyunsaturated Fat ...................... 1 g
Monounsaturated Fat .................... 5 g
Cholesterol ..................................<5 mg
Sodium ...................................... 35 mg
Carbohydrates ............................. 23 g
Fiber ........................................ 4 g
Sugars ....................................... 16 g
Protein ....................................... 4 g
Dietary Exchanges: 2 carb, 1 lean meat, 2 fat

This recipe from Avocados From Mexico is an American Heart Association Heart-Check Certified recipe.