



# GREEN AVOCADO SMOOTHIE

**PREP TIME:** 5 minutes

**SERVING SIZE:** 1 smoothie

**SERVES:** 1

## INGREDIENTS

- 1 banana
- ½ cup frozen mango
- 1/3 avocado
- 1 cup spinach
- 1 ¼ cup soy milk
- ½ teaspoon vanilla



## PREPARATION

1. Place all ingredients in a blender and blend until creamy. Add more soy milk as needed for a thinner consistency.
2. Serve immediately!

## SOURCE

[food52.com/recipes/22704-green-smoothie-with-avocado](http://food52.com/recipes/22704-green-smoothie-with-avocado)  
Recipe modified by CHOICES Nutrition Education Program

## Nutrition Facts

|                                       |            |
|---------------------------------------|------------|
| 1 servings per container              |            |
| <b>Serving size 1 smoothie (642g)</b> |            |
| <b>Amount per serving</b>             |            |
| <b>Calories 460</b>                   |            |
| <b>% Daily Value*</b>                 |            |
| <b>Total Fat 15g</b>                  | <b>19%</b> |
| Saturated Fat 2g                      | 10%        |
| Trans Fat 0g                          |            |
| <b>Cholesterol 0mg</b>                | <b>0%</b>  |
| <b>Sodium 210mg</b>                   | <b>9%</b>  |
| <b>Total Carbohydrate 70g</b>         | <b>25%</b> |
| Dietary Fiber 10g                     | 36%        |
| Total Sugars 41g                      |            |
| Includes 0g Added Sugars              | 0%         |
| <b>Protein 14g</b>                    |            |
| Vitamin D 0mcg                        | 0%         |
| Calcium 157mg                         | 10%        |
| Iron 5mg                              | 30%        |
| Potassium 1108mg                      | 25%        |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 9/17  
This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP.



# LICUADO VERDE DE AGUACATE

**TIEMPO DE PREPARACIÓN:** 5 minutos

**TAMAÑO DE PORCIÓN:** 1 licuado

**PORCIONES:** 1

## INGREDIENTES

- 1 plátano
- ½ taza de mango congelado
- 1/3 de aguacate
- 1 taza de espinaca
- 1 ¼ de taza de leche de soya
- ½ cucharadita de vainilla



## PREPARACIÓN

- Coloque todos los ingredientes en una licuadora y mezcle hasta que estén cremosos. Agregue más leche de soya según sea necesario para una consistencia más ligera.
- ¡Servir de inmediato!

## FUENTE

[food52.com/recipes/22704-green-smoothie-with-avocado](http://food52.com/recipes/22704-green-smoothie-with-avocado)

Receta modificada por CHOICES Programa Educativo de Nutrición

## Nutrition Facts

1 servings per container  
**Serving size 1 smoothie (642g)**

**Amount per serving**  
**Calories 460**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 15g          | <b>19%</b>     |
| Saturated Fat 2g              | <b>10%</b>     |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 0mg        | <b>0%</b>      |
| <b>Sodium</b> 210mg           | <b>9%</b>      |
| <b>Total Carbohydrate</b> 70g | <b>25%</b>     |
| Dietary Fiber 10g             | <b>36%</b>     |
| Total Sugars 41g              |                |
| Includes 0g Added Sugars      | <b>0%</b>      |
| <b>Protein</b> 14g            |                |
| Vitamin D 0mcg                | 0%             |
| Calcium 157mg                 | 10%            |
| Iron 5mg                      | 30%            |
| Potassium 1108mg              | 25%            |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Esta institución ofrece igualdad de oportunidades. Rev 9/17

Este material fue financiado en parte por el programa del USDA – SNAP en inglés