

Avocado melon breakfast smoothie



Recipe credit

[Produce For Better Health Foundation](#)

About this recipe

Serves

2

Serving size

1 cup

Time to make

5 minutes

Ingredients

- 1 large, ripe avocado
- 1 cup honeydew melon chunks (about 1 slice)
- lime, juiced (1 1/2 tsp lime juice)
- 1 cup 8 oz milk (fat free)
- 1 cup fat-free yogurt (plain)
- 1/2 cup 100% apple juice or white grape juice
- 1 tablespoon honey

Directions

1. Cut avocado in half, remove pit.
2. Scoop out flesh, place in blender.
3. Add remaining ingredients; blend well.
4. Serve cold. (Keeps well in refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses.)

Nutritional info

Calories

320

Total fat

11 g

Saturated fat

2 g

Cholesterol

5 mg

Sodium

170 mg

Total carbohydrates

46 g

Dietary fiber

5 g

Protein

13 g

Total sugar

37 g

Allergens

Dairy

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