

Avocolada

When Giacomo and I got engaged, this is what we had to celebrate. True story! This is not a protein shake, though. This is a low protein, moderate fat smoothie!



PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE

Breakfast, Gluten Free, Shakes, Snacks



SERVINGS

1 serving

CALORIES

263 kcal

INGREDIENTS

- 1/2 medium avocado
- 2 c Pineapple cubed
- 1/2 tsp vanilla extract
- to taste ice + water

INSTRUCTIONS

1. Blend all ingredients in a high powered blender until creamy. You will probably need to add water to get it to blend. This should be a thick smoothie, but add ice + water to desired texture.

NUTRITION

Nutrition Facts

Avocolada

Amount Per Serving

Calories 263 Calories from Fat 99

% Daily Value*	
Fat 11g	17%
Carbohydrates 44g	15%
Protein 3g	6%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!