



potatoes | avocados | fruits | vegetables | grains

good choices

something good for everyone

Green Applecado Smoothie



INGREDIENTS (4 SERVINGS)

2 Cups	Ice, Cubed
1 Cup	Apple Juice
1/2 Cup	Harvest Fresh™ Avocado Pulp, Thawed (10071179932260)
1 Cup	Granny Smith Apple, Diced
2 Cups	Spinach, Fresh, Washed

PREPARATION

1. Combine ice, apple juice, avocado pulp, apple, and spinach into blender. Blend until smooth and pour into 4 glasses.

*Simplot Harvest Fresh™ Avocado Dices or Slices maybe substituted for Avocado Pulp

For more recipes and product information, visit simplotfoods.com