

Beverages

Creamy Mango, Avocado & Lime

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Cooking Light Magazine - September, 2012

Servings: 1

If you use frozen fruit, you may not need as much ice. Frozen fruit is as nutrient-packed as fresh fruit - just choose those with no added sugars.

If you do not wish to use dairy products, most milk alternatives (soy, rice) have roughly the same calories as 1% milk - about 100 per cup.

1/4 cup sliced avocado
1 cup sliced Champagne mango
1 tablespoon lime juice
1 tablespoon fresh mint
1 teaspoon honey
2 cups crushed ice

Place all of the ingredients in a blender. If adding ice, place it in the container last.

Process until smooth.

Serve in a tall glass, preferably chilled.

Per Serving (excluding unknown items): 87 Calories; 6g Fat (52.8% calories from fat); 1g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 19mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.