



Regal, Lakeside, and ADOC Medical Groups present: **Strawberry Avocado Green Smoothie**

Smoothies are perfect for a quick snack or breakfast. This delicious dairy-free Strawberry Avocado Green Smoothie is a creamy treat filled with strawberries, bananas, and just a hint of avocado.

Here are some healthy advantages to adding this blend to your diet:

Strawberries

- Helps to lose weight by burning stored fat
- Reduces inflammation
- Improves memory, strawberries have a pigment that boosts short-term memory by 100% in 8 weeks
- Helps to build strong hair and nails, and has anti-aging properties
- Promotes eye health by lowering the risk of macular degeneration

Avocados

- Promotes heart health
- Lowers your risk of developing heart disease, stroke and diabetes
- Promotes glowing skin, bright eyes and shiny hair
- Prevents cancer, several studies have found avocado as a cancer-fighting food
- Helps with weight loss, its healthy fats help you feel full so you eat less
- Improves digestive health
- Protects from Insulin resistance and diabetes, and helps prevent obesity
- Improves hormonal balance and cognitive function

Fun Facts About Smoothies

- It's delicious and refreshing
- A quick breakfast or snack to make
- Very easy to prepare
- Great to take-on-the-go
- Healthy, vegan and gluten-free!



Strawberry Avocado Green Smoothie Recipe

Ingredients

- 1 cup (5 ounces) fresh strawberries, hulled
- 1/2 ripe avocado (preferably Hass), skin removed and pitted
- 1 cup (packed) fresh baby spinach
- 1 large banana, fresh or frozen and cut into chunks
- 1 cup unsweetened almond milk, chilled
- Optional: 1-3 teaspoons maple syrup (or sweetener of choice)

Instructions

1. Place all the ingredients in a high-powered blender and blend until smooth.
2. Once blended, taste and adjust according to preferences, such as adding more strawberries for a stronger strawberry flavor or maple syrup for additional sweetness.
3. Best served immediately.

Active Time: 5 minutes

Total Time: 5 minutes

Servings: 1-2 (makes 2 1/2 cups)



Nutrition Information (per serving)

Calories	156
Carbs	24.1g
Fat	6.9 g
Protein	2.7 g



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