

# Lemony Green Smoothie with Sorrel

Yield: 1 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-sorrel-recipe-caribbeanpot>

## Ingredients:

- 2 sorrel big handfuls, leaves and stems
- 1 lemon
- 1/2 avocado
- 3 strawberries
- 1 handful ice
- water Splash of

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 28 grams
3. Fat: 15 grams
4. Fiber: 15 grams
5. Protein: 5 grams
6. SaturatedFat: 2 grams
7. Sodium: 220 milligrams
8. Sugar: 4 grams

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