

Pineapple Avocado Smoothie

Yield: 1 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-avocado-smoothie-recipe>

Ingredients:

- 1/2 cup orange juice
- 1/2 cup frozen pineapple
- 1/2 avocado
- 1/2 frozen banana
- 1/2 lime juiced
- 3 tablespoons coconut milk if you have it
- 1 pinch sea salt
- 1 lime wedge and shredded unsweetened coconut, optional

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 66 grams
3. Fat: 26 grams
4. Fiber: 15 grams
5. Protein: 7 grams
6. SaturatedFat: 11 grams
7. Sodium: 310 milligrams
8. Sugar: 31 grams

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