



AVOCADO AND SPINACH SMOOTHIE

Prep Time: 50 seconds | Serves: 2

INGREDIENTS

- 2/3 cup chopped avocado
- 1 cup fresh chopped mango
- 2 tablespoons fresh lemon juice
- 1 tablespoon fresh grated ginger
- 1 cup chopped spinach
- 1 teaspoon honey
- 1 cup ice

NUTRITION DATA

176 calories | 10.1g fat
22.2g carbs | 2.4g protein
5.3g fiber | 14.9g sugars
20mg sodium

STEPS

01

Combine the ingredients in a blender and blend until smooth.

02

Divide between 2 glasses and serve.



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Source: Outback Vision Protocol