



# Creamy Avocado Smoothie

## 1 Serving

- 1 Cup Unsweetened Almond Milk
- 1 Small Avocado
- 1/2 Cup Spinach Leaves
- 1 Frozen Bananas
- 1 Tbsp Honey or Coconut Nectar
- 1 Granny Smith Apple Sliced
- 1 Scoop Illumin8 Protein Powder

Calories  
Per Serving

480

Carbs

69g

Fat

23g

Protein

26g

Sodium

161mg

