



## REDUCED CARBOHYDRATE MEAL

# Lime and avocado smoothie

### INGREDIENTS (1 serving)

- 1 lime, juice
- 120g (4.2oz) 0% fat Greek yogurt
- 130g (4.6oz) raspberries
- 110g (3.9oz) avocado
- 20g (0.6oz) coconut oil
- 60g (2.2oz) protein powder
- handful of ice
- 480ml (16.2 fl. oz) unsweetened almond milk

This is a great way to get a load of vitamins into your diet, it's so easy to make and transport (you can have it on your morning commute). Just remember smoothies are fine to have now and then, but they aren't meant to replace actual food – so keep mixing it up.

### METHOD

Could it be any easier, put all the ingredients in a blender and blend on high for 1 minute or until the smoothie has reached your desired texture.