

Avocado Berry Smoothie

This fat-burning smoothie is packed with brain and gut friendly polyphenols, healthy fat and a proper amount of protein. The avocado gives it the creaminess and helps with the increased bioavailability (proper absorption) of the polyphenols!

Ingredients:

- 1-2 cup frozen or fresh blueberries
- 2-3 kale leaves, also called leaf cabbage (optional)
- ½ to 1 avocado, medium
- ½ cup crushed ice (optional)
- 1 cup almond, cashew, or oat milk. (unsweetened preferably)
- 1 (6-7 ounce) container plain Greek-style yogurt OR 1 serving of vanilla protein powder*

Method:

Blend all ingredients together until the desired consistency is reached. Add water as needed.

*Choose a protein powder that has no more than 10 grams of total carbohydrates in a serving.

Serves: 1



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