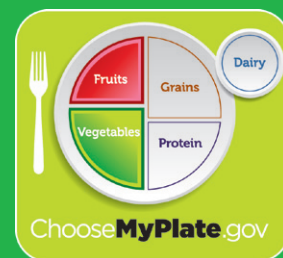


Avocado Melon Breakfast Smoothie

Preparation Time: 5 minutes

A delightful concoction of green fruit plus fat-free dairy. With convenience built in, this refreshing smoothie can be made a day ahead. Keeps well in the refrigerator up to 24 hours.



Ingredients

- 1 ripe, fresh California Avocado*
- 1 cup honeydew melon chunks (about 1 slice)
- Juice from $\frac{1}{2}$ lime (1 $\frac{1}{2}$ tsp lime juice)
- 1 cup (8 oz) milk, fat free
- 1 cup fat-free yogurt, plain
- $\frac{1}{2}$ cup apple juice or white grape juice
- 1 tbsp honey

*Large avocados recommended for this recipe. A large avocado averages about 8 ounces.

Cut avocado in half, remove pit. Scoop out flesh, place in blender. Add remaining ingredients; blend well. Serve cold. Holds well in the refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses. Serves 2.



Tips on how to select and cut an avocado

Look for fresh avocados with uniform fruit appearance that are heavy for their size. Avoid dark blemishes or overly soft fruit. To tell if an avocado is ready for immediate use, gently squeeze the fruit in the palm of your hand. Ripe, ready-to-eat fruit will yield to gentle pressure.

Place your avocado sideways on a table, cut it lengthwise around the seed. Turn and cut again. Pull apart the four quarters and remove the seed. Peel the skin to get the greatest concentration of beneficial nutrients in the dark green fruit closest to the peel.

For more tips and great-tasting recipes featuring California Avocados, visit CaliforniaAvocado.com.

Recipe cost

\$3.77 for four, \$1.89 per serving.

Meal cost

\$3.86 for four, \$1.93 per serving.

*Retail prices, Boulder, Colorado, July 2011.

Recipe Nutrition Information per Serving

Calories 320
Total Fat 11g
Saturated Fat 1.5g
% of Calories from Fat 31%
% Calories from Sat Fat 4%
Protein 13g
Carbohydrates 46g
Cholesterol 5mg
Dietary Fiber 5g
Sodium 170mg

An excellent source of protein, fiber, vitamin C, riboflavin, folate, B12, pantothenic acid, calcium, phosphorus, potassium, and iodine, and a good source of vitamin D, thiamin, B6, magnesium, and zinc.

MyPlate Food Group Amounts

Fruits 1½ cups	Protein 0
Vegetables 0	Dairy 1 cup
Grains 0	

Meal Nutrition Information per Serving

(Add one slice of toasted whole wheat bread)

Calories 390
Total Fat 12g
Saturated Fat 2g
% of Calories from Fat 28%
% Calories from Sat Fat 5%
Protein 17g
Carbohydrates 58g
Cholesterol 5mg
Dietary Fiber 8g
Sodium 320mg

An excellent source of protein, fiber, vitamin C, thiamin, riboflavin, folate, B6, B12, pantothenic acid, calcium, phosphorus, potassium, and iodine, and a good source of vitamin D, niacin, magnesium, zinc, and copper.

MyPlate Food Group Amounts

Fruits 1½ cups	Protein 0
Vegetables 0	Dairy 1 cup
Grains 1 oz	

Healthy Resources

www.FruitsAndVeggiesMoreMatters.org

www.CaliforniaAvocado.com

www.FoodChamps.org

www.ChooseMyPlate.gov

MyPlate Core Messages

Foods to Increase

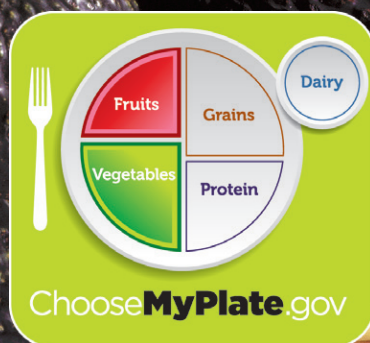
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



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