

Almond Butter & Jelly Smoothie

This smoothie provides more than 21 g of fiber and 15 g of protein – Making this smoothie a very filling and satisfying meal replacement that is packed with vitamins, minerals and healthy fats!

Avocado not only makes this smoothie very creamy, but is also rich in fiber, heart healthy monounsaturated fats, potassium and vitamin E. The combination of nuts and seeds in the smoothie provide great flavor, protein, fiber and heart healthy fats. The mixed berries provide natural sweetness and antioxidants to pack an extra nutrition punch!

ENJOY!

Ingredients

- 1 cup mixed berries
- 1 cup almond milk
- 1 tablespoon pumpkin seeds
- 2 raw brazil nuts
- 1 tablespoon chia seeds
- 1 tablespoon almond butter
- ½ avocado

Directions

1. Add all ingredients into blender (add ice last), cover and puree until smooth.
2. Enjoy!

Yields - 16 oz.

Calories: 572
Sodium: 163 mg

Protein: 15 g
Fiber: 21 g

Carb: 44 g

Fat: 42 g

