

LEVEL: EASY

# Avocado Mojito Smoothie

13 MINUTES | 70 CALORIES | 6 INGREDIENTS



## Avocado Mojito Smoothie

This seemingly random combination of ingredients actually works to make a delicious and nutritious pick-me-up! If you like melon and you like avocado, you will love this licuado. The coconut water, lime juice and mint give it a mojito vibe. This smoothie is a great way to get your healthy fat in from the avocado, as well as boosting your new habit of having more fruits and veggies every day.

Treat it as a satisfying elixir after-work or after-work-out!

We love this avocado smoothie because it's great for breakfast too! You can also turn it into a mid-day meal by pairing it with protein. It goes nicely with a tuna salad, or tuna tacos, or you can keep it simple by making yourself a fresh ensaladilla with lettuce, tomato, and purple onion, dressed with a light olive oil vinaigrette. With the olive oil and the avocado you've got your healthy fats covered. And with a crisp, fresh salad with a little protein you are well on your way to treating your body right, Comadres!

Getting into the habit of adding healthy smoothies like this to your day will make it that much easier to live a healthier and satisfying life. Look for other De Las Mías smoothies and licuados in our La Cocina section and enjoy!

¡Andale! You deserve to take care of yourself!

¡Buen Provecho!

# Ingredients

- 1¼ cup frozen or fresh melon chunks
- ½ avocado, seeded and peeled
- 1½ cups coconut water
- 1 tablespoon fresh lime juice
- 4 to 6 fresh mint leaves
- ½ cup water

## Step by step

### Step 1

Chop or measure out melon chunks.

### Step 2

Slice, seed, peel and chop the avocado.

### Step 3

Set aside 1½ cups coconut water.

### Step 4

Freshly squeeze 1 tablespoon of lime juice.

### Step 5

Set aside a ½ cup of cold water.

### Step 6

Add all ingredients and mint leaves to a blender and puree until smooth.

### Step 7

Divide between three glasses and enjoy.

**Serving Suggestions:** This counts as veggies and fruit! You can also pair this up with protein, like tuna salad.

Makes: 3 cups

Serves: 3 (1 cup servings)

## Nutrition Information

Total grams per serving: 248 g; Calories 70; Total Fat 2.5 g (Sat 0 g, Trans 0 g, Poly 0.3 g, Mono 1.4 g); Cholesterol 0 mg; Sodium 65 mg; Total Carbohydrates 12 g; Dietary Fiber 2 g; Total Sugars 10 g; Protein 1 g; Vitamin D 0 mcg; Calcium 20 mg; Iron 0 mg; Potassium 422 mg.