



## Super Green Avocado-Kiwi Smoothie

**Active Time:** 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

### Nutrition Information Per Serving

233 calories, 24.06 g carbohydrate, 11.04 g fiber, 13.02 g NET carbs, 5.19 g protein, 15.52 g fat

#### Ingredients

- 1/2 medium(s) organic cucumber
- 1 medium organic kiwi, peeled
- 1/2 medium(s) avocado
- 2 cup(s) organic spinach
- 8 ounce(s) filtered water

#### Preparation

1. Add all ingredients to a high powered blender.&nbsp;
2. Blend with ice until&nbsp;desired consistency is reached.
3. Serve.&nbsp;

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.