

LYONS
ReadyCare®

Spinach Avocado Fiber Smoothie





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INGREDIENTS

	1 Serving
ReadyCare® Fiber Apple Juice	1 (4 fl oz) container
Item #: 2848	
Avocado	1/2
Spinach leaves	1 cup
Chia seeds	1 Tbsp
Vanilla extract	1/2 tsp
Crushed ice	1/2 cup
Honey (optional)	1-2 tsp

NUTRITION

Serving Size: 8 fl oz.
Calories: 280
Total Fat: 15g
Saturated Fat: 2g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 40mg
Total Carbs: 34g
Dietary Fiber: 15g
Total Sugars: 13g
Protein: 5g
Vitamin D: 0% DV
Calcium: 10% DV
Iron: 15% DV
Potassium: 10% DV

DIRECTIONS

1. Blend all ingredients on high until smooth and enjoy!