Fitness Recipe: Protein Avocado Smoothie

Nutrition Facts

Amount Per Smoothie

Calories	311 kcal
Protein	25.4g
Carbohydrate	18.4g
Fat	13g
Dietary Fiber	6.9g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Ingredients:

- 80g Avocado
- 100g Strawberries
- 50g Apple
- 1 Lemon
- 30g Whey Protein (Vanilla)
- 100ml Water

Preparation:

Cut all the ingredients into small pieces. Put it into a bowl, fill it up with 100ml of water and mix it for about 1 minute. Stay fit!

Product Recommendation for this Fitness Recipe: