

# Spinach-Avocado and Grapefruit Smoothie



*3/4 cup grapefruit sections*  
*1 cup spinach*  
*1/4 avocado*  
*1/4 cup brewed green tea*  
*1 teaspoon honey, to taste*

Place all of the ingredients into a blender and blend until smooth.

Serve

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Per Serving (excluding unknown items): 164 Calories; 8g Fat (37.9% calories from fat); 3g Protein; 25g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 28mg Sodium; 18g Total Sugars; 0mcg Vitamin D; 57mg Calcium; 1mg Iron; 659mg Potassium; 55mg Phosphorus. Exchanges: .