

# Spinach-Avocado and Grapefruit Smoothie



## **Servings: 1**

*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: .