



Avocado and Kale Ginger Smoothie

Blended avocado, kale, ginger and orange juice beverage

Yield: 4

1 each	Avocado
1 Qt	Orange Juice
1 Qt	Ice Cubes
1/4 cup	Fresh Ginger Root
4 oz	Kale Leaves
1 cup	Fresh Celery



Place all ingredients into a blender and puree until very smooth. Serve immediately.

Chef's Note: Avocado adds a creaminess to smoothies. For more great avocado recipes and info visit www.californiaavocado.com.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
199.3	3.9	34.9	6.2	0	48.6	0.9	4.3