

## Almond Avocado Matcha Smoothie

Serves: 2

Smoothie Categories: Low Sugar, Energy, High Fiber, Immune Boosting, Anti-Inflammatory

Place all ingredients in a blender in the order listed and blend.

### Ingredients

- 1.5 oz red lettuce
- 1 pear - chopped
- 1/2 avocado - pitted
- 1 tsp matcha
- 1 tbsp almond butter
- 1 cup vanilla almond milk
- 1 cup ice

You hear a lot about the “good fat” in avocados, but what does that mean, exactly? The main fat in avocados is oleic acid, a monounsaturated fatty acid also present in olive oil. Oleic acid is good for healthy skin and hair, helps reduce inflammation, and may have cancer-fighting properties. Paired with matcha, a powdered green tea with more antioxidants than any other superfood, this smooth and nutty green smoothie will help you be healthy inside and out!

**Nutrition Facts:** 178 calories, 11g fat, 9g sugar, 3g protein, 8g fiber, 20g carbs per 12-ounce serving. Yields 2 servings.