

Breakfast | Snack

Key Lime Pie Smoothie

Side Effect: Trouble Swallowing

10 Mins
Prep Time

0 Mins
Cook Time

2
Servings

 **190 Calories** **8g Fat** **30g Carbs** **3g Protein**



Ingredients

 **2 Servings**  **10 Mins Total Time**  **Allergens: Nuts**

½ Ripe Avocado 

1 Banana, very ripe

2 Cups Unsweetened Vanilla Almond Milk

Zest of **1 washed** Lime

Juice of **1 washed** Lime

1 Tsp Vanilla Extract

1 Tbsp Honey, **pasteurized**

1 Cup Crushed Ice

Allergen Swap

Nuts Substitute almond milk for cow's milk or a nut-free milk alternative

Nourishment Note



Smoothies

Smoothies are a great option for those with swallowing difficulties. They are cool, refreshing and the thickness can be adjusted by adding more liquids or frozen ingredients. They are also great for adding nutritional boosters, like protein powder.



Avocado

Avocados are a wonderful source of healthy monounsaturated fats. Due to their high fat content, they also provide ample calories which can be important for weight maintenance.

Instructions

1. Wash Hands

Wash hands before preparing smoothie.

2. Blend Ingredients

In a blender, combine all the ingredients. Blend until smooth and frothy.

3. Serve & Enjoy

Once fully blended, serve in a tall glass and enjoy!

4. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [Food52.com](https://www.food52.com)

What You'll Need



Measuring Cups



Measuring Spoons



Blender

Fatigue Buster

- **Avocado:** Use frozen avocado instead of cutting your own to help limit prep time.
- **Lime:** Use bottled lime juice to help minimize prep time.