

Omar's Avocado Juice (Serves 4)



A perfect pre-5K fuel packed with protein and healthy fats to keep you energized through a mid-morning break or all the way to lunch.

Ingredients

- 1 ripe, medium avocado
- 2 cups non-fat milk (or substitute with soy, rice, or almond milk)
- 1 tablespoon sugar

Instructions

1. Slice the avocado in half, remove the seed, and peel.
2. Add the avocado, milk, and sugar to a blender.
3. Blend until smooth and creamy.
4. Serve cold and enjoy!

Nutrition (Per Serving)

- **Calories:** 112
- **Fat:** 5.4g
- **Saturated Fat:** 0.8g
- **Cholesterol:** 2mg
- **Sodium:** 54mg
- **Carbohydrates:** 12.3g
- **Fiber:** 2.5g
- **Sugars:** 9.6g
- **Protein:** 4.9g

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