THE LIGHTER PLATE METHOD

Avocado, Lime & Spinach Smoothie

Silky rather than sweet, with lime keeping it lively.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 1 ripe avocado
- 2 limes
- 60 g baby spinach
- 300 ml coconut water
- 1 banana
- 1 handful ice

Method

1. Blitz the spinach with the coconut water for 20 seconds until completely smooth.
2. Add the avocado flesh, banana and the juice of both limes.
3. Blend on high for 40 seconds until silky.
4. Add the ice, blend briefly and pour into two glasses.

Tips & swaps

- Avocado makes this thick and creamy rather than sweet, so the lime is doing essential work; do not cut it back. Drink immediately, as it dulls in colour within the hour.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
210	**3g**	**24g**	**12g**	**7g**

Estimated values, for guidance only.