



Power Pear and Avocado Smoothie

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

Nutrition Information Per Serving

458.5 calories, 33.24 g carbohydrate, 16.1 g fiber, 17.14 g NET carbs, 20.4 g protein, 30.58 g fat

Ingredients

- 1 scoop Vital Whey Natural
- 1/2 medium(s) organic pear, cored
- 1 Tbsp lime juice
- 1 medium ripe organic avocado
- 8 ounce(s) filtered water

Preparation

1. Slice the avocado in half and remove the pit with a spoon.
2. Scoop the flesh into a blender.
3. Add the remaining ingredients, place the lid on the blender and blend for 30 seconds, or until smooth.
4. Pour into glasses and serve cold for a delicious, creamy smoothie.

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