GLOBAL · BREAKFAST · DRINK

Green Smoothie with Banana, Avocado, Spinach and Cucumber

10 min · Makes 1 × 1 large glass (about 500 ml) · 462 kcal a portion · Video 4:25 · Liezl Jayne Strydom

Vegan

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It has about 15 g of fibre, with avocado, almond butter and chia for healthy fats to keep you full; spinach adds plenty of vitamin K and folate, and there's no added sugar: the sweetness comes from the banana and coconut water.

Diet notes: DASH-friendly if you leave out the cold-pressed coconut oil and unsweetened almond butter; Paleo with a swap: leave out the dry rolled oats; Gluten-free with a swap: Use oats labelled gluten-free.

Ingredients

11 · MAKES 1 × 1 LARGE GLASS (ABOUT 500 ML)

- [ ] 1 medium **banana**, fresh or frozen
- [ ] **Cucumber**: ½–1 cup peeled, chopped cucumber
- [ ] ⅓ medium **avocado**
- [ ] 1 handful **baby spinach**
- [ ] 2 tbsp **dry rolled oats** (optional)
- [ ] 2 tsp **chia seeds** (optional)
- [ ] 6 tsp **water** (to soak the chia)
- [ ] 1 tbsp **unsweetened almond butter** (optional)
- [ ] 1 tsp **cold-pressed coconut oil** (optional)
- [ ] ½–1 cup **pure coconut water** (or water)
- [ ] a few **ice cubes**

Allergens found in the listed ingredients: Gluten, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Stir 2 tsp chia seeds into 6 tsp water and leave a few minutes to soak. Wash the spinach and peel and chop the cucumber.
2. Put 1 banana, ½–1 cup cucumber, ⅓ avocado and a handful of baby spinach in the blender. 0:56
3. Add the optional boosters she uses: 2 tbsp rolled oats, the soaked chia, 1 tbsp almond butter and 1 tsp coconut oil. Then pour in ½–1 cup coconut water (or plain water). 1:55
4. Blend until smooth and creamy, add a few ice cubes and blend again briefly. Serve cold. 3:04

> **Tip** The cook sometimes adds ½–1 tsp spirulina or chlorella. Swap the banana for 1 cup mango, or the avocado for ⅔ cup plain yoghurt. Just the banana, cucumber, avocado and spinach with water come to about 210 kcal.

The method is a summary in our words — the video shows every step.

One portion, 1 large glass (about 500 ml), gives you

1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
462 kcal	11 g	57 g	15 g	25 g	220 mg
1,930 kJ	23% of a day	42 g net · 22 g sugars	54% of a day	6.3 g saturated	10% of a day
		21% of a day		32% of a day	

Energy from net carbs 38% · protein 10% · fat 52%

High in (20%+ of a day) Vitamin K 144% · Omega-3 98% · Magnesium 51% · Vitamin B6 44% · Vitamin E 38% · Folate 38% · Potassium 35% · Vitamin C 35% · Iron 22% · Selenium 22% · Zinc 21%

Source of (10–19%) Vitamin A 17% · Calcium 16%

Recipe and video: Liezl Jayne Strydom (@LiezlJayne) on YouTube — youtube.com/watch?v=QGh0V3t3OBo, published 2 January 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/avocado-spinach-cucumber-green-smoothie