**Outrageous Green Smoothie**  
**Serves 1**

½ avocado  
2 cups leafy greens (spinach, kale, chard, or combination)  
1 Tbsp raw honey  
1 cup blueberries, frozen  
2/3 cup non-fat greek yogurt  
1 scoop (15 grams) protein powder (optional)

Combine all ingredients in a blender; blend until smooth. Drink and enjoy immediately.

Estimated nutrition analysis: 570 calories, 47 g carbohydrates, 37 g protein, 16 g fiber