

Lovin Lime No-Milk Shake

Ivy Larson - "Clean Cuisine"
Palm Beach Post

Servings: 2

1 frozen banana, cut into bite-sized pieces
1/4 cup mashed avocado
2 tablespoons lime juice (such as Nellie & Joe's Famous Key West Lime Juice)
5 or 6 pitted dates
1/4 cup raw cashews
1/16 teaspoon pure vanilla extract
1/8 teaspoon unrefined sea salt
1 cup water
8 ice cubes

Place all of the ingredients except the ice into a high-powered blender. Process until smooth and creamy.

Add the ice and process again.

Drink chilled.

Per Serving (excluding unknown items): 224 Calories; 14g Fat (51.9% calories from fat); 6g Protein; 23g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	224
% Calories from Fat:	51.9%
% Calories from Carbohydrates:	38.5%
% Calories from Protein:	9.6%
Total Fat (g):	14g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	23g
Dietary Fiber (g):	3g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	10mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 6g
Sodium (mg): 10mg
Potassium (mg): 330mg
Calcium (mg): 22mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): trace
Vitamin A (i.u.): 10IU
Vitamin A (r.e.): 1RE

Lean Meat: 0
Vegetable: 0
Fruit: 1
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 224 **Calories from Fat:** 117

% Daily Values*

Total Fat	14g	21%
Saturated Fat	2g	12%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	23g	8%
Dietary Fiber	3g	10%
Protein	6g	

Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	12%

* Percent Daily Values are based on a 2000 calorie diet.