

# Blueberry Coconut Avocado Smoothie

*Chef Michelle - Aldi Test Kitchen  
www.aldi.com*

**Yield: 2 six-ounce smoothies**

*1/2 cup skim milk  
1/4 cup broccoli (optional)  
1/2 cup coconut flakes  
1/4 avocado  
1/2 cup blueberries  
3 tablespoons grape juice  
4 ice cubes*

In a blender, blend the milk, broccoli (if using) and coconut flakes together into a fine mixture.

Add the avocado, blueberries, grape juice and ice. Blend.

Garnish with additional blueberries, if desired.

---

Per Serving (excluding unknown items): 369 Calories; 20g Fat (46.7% calories from fat); 7g Protein; 45g Carbohydrate; 5g Dietary Fiber; 2mg Cholesterol; 171mg Sodium. Exchanges: 2 1/2 Fruit; 1/2 Non-Fat Milk; 4 Fat.