Mango-Avocado Margarita

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Servings: 4

For extra zip, rub the rim of each glass with a lime wedge, then coat the rims with salt and chili powder.

2 cups ice cubes

1 cup (1 large) mango, peeled and chopped

6 tablespoons ripe avocado, peeled and chopped

6 tablespoons fresh lime juice

1/4 cup tequila

1/4 cup orange juice

2 tablespoons sugar

2 tablespoons Triple Sec (orange-flavored liqueur)

4 lime wedges (optional)

In a blender, combine the ice cubes, mango, avocado, lime juice, tequila, orange juice, sugar and Triple Sec.

Process until smooth.

Divide the mixture evenly among four glasses.

Serve the drinks with lime wedges, if desired.

Serve immediately.

Yield: 4 one cup servings

Per Serving (excluding unknown items): 103 Calories; trace Fat (2.2% calories from fat); trace Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 Fruit; 1/2 Other Carbohydrates.