

Avocado Super Smoothie Recipe

By Dr. Mercola

Smoothies are an easy way to add valuable nutrition to your diet when you're short on time. But even if you have all the time in the world, smoothies are still an excellent choice, as you can throw together a complete balanced meal brimming with antioxidants, vitamins, minerals and, if you try the recipe that follows, even healthy fats.

This avocado super smoothie recipe, which is adapted from one posted by the Little Epicurean,¹ works great for breakfast (and is a far healthier choice than cereal, bagels, or pancakes). It can also fill in as a light lunch or a snack – the kind that will actually give you energy and “stick to your ribs” (not your hips), so you're left satiated instead of starving five minutes later.

Perhaps best of all, every ingredient in this smoothie serves an important purpose nutritionally and, when you blend them all together, it's absolutely delicious!

Avocado Super Smoothie

Ingredients:

- 1 whole avocado
- 1 cup of torn kale leaves, no stem
- ½ cup organic blueberries
- ½ cup fresh pineapple
- 1 cup of organic baby spinach
- ½ sliced cucumber
- 1 cup unsweetened coconut water

Method:

Pour coconut water into blender. Add the avocado, kale, blueberries, pineapple, spinach, and cucumber. Cover with lid and blend until smooth. Pour into two glasses and serve immediately.

What Makes the Avocado Super Smoothie So Healthy?

Avocado

Avocados, which are actually classified as a fruit, are low in fructose and rich in healthy monounsaturated fat (which is easily burned for energy), and research has confirmed the avocado's ability to benefit vascular function and heart health.

Avocados are also very high in potassium (more than twice the amount found in a banana) and will help balance your vitally important potassium-to-sodium ratio. Avocados also provide close to 20 essential health-boosting nutrients, including fiber, vitamin E, B-vitamins, and folic acid. Besides eating them raw, you can use avocado as a fat substitute in recipes calling for butter or other oils.

Research has also found that avocados are helpful for regulating your blood sugar levels,² and they might help improve lipid profiles, both in healthy individuals and in those with mild hypercholesterolemia (elevated cholesterol levels).³

Plus, by adding an avocado to your smoothie there's a good chance it will help you absorb more of the antioxidants it contains. Due to avocados' beneficial raw fat content, avocado enables your body to more efficiently absorb fat-soluble nutrients (such as alpha- and beta-carotene and lutein) in other foods eaten in conjunction.

One 2005 study found that adding avocado to salad allowed the volunteers to absorb three to five times more carotenoid antioxidant molecules.⁴

Another boon of avocados—they're one of the safest fruits you can buy conventionally grown, so you don't need to spend more for organic ones. Their thick skin protects the inner fruit from pesticides. Personally, I eat a whole avocado virtually every day.

Kale

Just one cup of kale will flood your body with disease-fighting vitamins K, A, and C, along with respectable amounts of manganese, copper, B vitamins, fiber, calcium, and potassium. With each serving of kale, you'll also find more than 45 unique flavonoids, which have both antioxidant and anti-inflammatory benefits.⁵

Kale is also a good source of cancer-fighting sulforaphane and indole-3-carbinol. To date, kale has been found to lower the risk of at least five types of cancer, including bladder, breast, colon, ovary, and prostate.⁶ The glucosinolates in kale and other cruciferous vegetables break down into products that help protect DNA from damage.⁷