

Savory Avocado Tomato Smoothie

What You'll Need

- › ½ ripe avocado, peeled and pitted
- › ½ cup chicken or vegetable broth
- › ½ Red Sun Farms Roma Tomato
- › ½ cup whole milk or coconut milk
- › 1 tbsp lime juice
- › 1 scoop unsweetened, unflavored protein powder (whey, rice, fermented soy or egg – optional)
- › ¼ cup white onion pieces (about 1 inch in size)
- › 1 tbsp fresh cilantro
- › Sea salt and black pepper to taste



Directions

Place all ingredients into a blender and blend until smooth. Serve immediately.