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.