Savory Avocado Tomato Smoothie

We have suggested breakfast, but you can enjoy this savory smoothie at any time of the day!

Timing

Prep time	Total time	Skill level
5 minutes	**10 minutes**	**Easy**

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.