



Frozen Avocado Banana Paleta

8 servings

1 paleta per serving

INGREDIENTS

- 4 cups 100% orange juice
- 2 medium bananas, peeled and sliced
- 1 medium ripe fresh avocado, peeled, halved, pitted and cubed
- 1 tablespoon lime juice
- 8 (5 ounce) paper cups
- 8 wooden craft sticks

DIRECTIONS

1. Put orange juice, bananas, avocado and lime juice into a blender. Blend on high until smooth.
2. Divide into 8 paper cups. Cover cups with aluminum foil. Insert one wooden craft stick through the center of each foil.
3. Freeze for 4 hours, or until firm

NUTRITION ANALYSIS (PER SERVING)

Calories	110
Total Fat	3.0 g
Saturated Fat.....	0.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.0 g
Cholesterol.....	0 mg
Sodium	0 mg
Carbohydrates.....	21 g
Fiber	2 g
Sugars	4 g
Added Sugars	0 g
Protein	1 g

Dietary Exchanges: 1½ fruit, ½ fat

This recipe from Fresh Avocados – Love One Today® is an American Heart Association Heart-Check certified recipe.

