



Fig, Prune & Avocado Milk



Vegetarian



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



71 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 avocado
- ☐ 1 tsp ground cinnamon
- ☐ 1 tsp honey
- ☐ 4 agen prunes

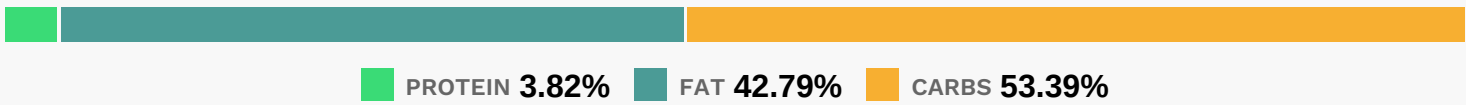
Equipment

- ☐ blender

Directions

- ☐ Remove the flesh from half an avocado. Leave the stone in the half you are not using. This will slow down discolouration.
- ☐ Whizz up all the ingredients in a blender until smooth.
- ☐ If your flavoured milk isn't smooth enough, strain before serving. You may add more milk if it is a little thick.
- ☐ Serve cold or warm with a dusting of cinnamon.

Nutrition Facts



Properties

Glycemic Index:31.57, Glycemic Load:2.59, Inflammation Score:-2, Nutrition Score:3.5117391289576%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 71.13kcal (3.56%), Fat: 3.74g (5.75%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 7.76g (2.82%), Sugar: 5.43g (6.03%), Cholesterol: 0mg (0%), Sodium: 2.09mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Fiber: 2.74g (10.97%), Vitamin K: 11.43µg (10.88%), Manganese: 0.18mg (9.03%), Potassium: 198.77mg (5.68%), Folate: 20.83µg (5.21%), Vitamin B6: 0.09mg (4.33%), Vitamin B5: 0.39mg (3.95%), Copper: 0.08mg (3.93%), Vitamin E: 0.58mg (3.85%), Vitamin B3: 0.64mg (3.18%), Vitamin C: 2.61mg (3.16%), Vitamin B2: 0.05mg (3.07%), Magnesium: 11.81mg (2.95%), Vitamin A: 116.7IU (2.33%), Phosphorus: 20.45mg (2.05%), Iron: 0.29mg (1.63%), Vitamin B1: 0.02mg (1.47%), Zinc: 0.22mg (1.47%), Calcium: 13.93mg (1.39%)