

## Avocado and Fruit Smoothie



### Ingredients:

- 1 banana
- ½ Avocado
- ½ cup almond milk
- A touch of honey or agave nectar
- Frozen fruit of choice up the liquid
- A handful of greens for added nutrition
- Optional: 1 tbsp. chia seeds or protein powder

### Directions:

1. Peel and pit the avocado. Cut into chunks and add to blender.
2. Peel the banana. Break into chunks and add to blender
3. Add milk and honey.
4. Add frozen fruit.
5. Blend until smooth.
6. Divide between two large cups and serve!