

4 Ingredient Banana Avocado Smoothie



DIETARY INFO: DF, EF, GF, NF, V, VEG

SERVES: 4 PREP TIME: 5 mins

Ingredients

2	Ripe bananas, peeled and frozen (2 each)
1/2	Avocado, ripe, peeled and pitted (0.5 each)
1/2 cup	Kale or baby spinach, rinsed (15g)
2 cups	Coconut milk, unsweetened (500ml)



Tips

Optional boosters:

Add 1 tbs (16 g) of chia seeds and process together with remaining ingredients.
Add 1 tbs (20 ml) of nut butter and process together with remaining ingredients.
Add 1 tsp (3 g) of spirulina or chlorella powder and process with remaining ingredients.

Optional flavourings:

Add 1 tsp (5 ml) of vanilla extract or powder and process with remaining ingredients.

Optional sweeteners:

Add 2-3 pitted dates and process with remaining ingredients.

Allergy advice and simple swaps:

Swap coconut milk for soy, almond, rice or oat milk.

Method

1. Place all ingredients in a blender and blend until smooth and creamy.

Serving and storing leftovers: Serve immediately, store in the fridge for up to 24 hours or freeze in popsicle moulds for up to 4 months.