



AVOCADO & BANANA 'SPINACH SMUGGLER' SMOOTHIE



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Preparation 5 mins | Makes 2-4

This vibrant smoothie is packed with valuable antioxidants and tastes great!

- 2 frozen bananas
- 1 medium ripe avocado, peeled, halved lengthways and seed removed
- 50g baby spinach leaves
- 2 tsp white chia seeds
- 1½ cups sweetened almond milk
- 1 tbs honey
- Blueberries, to serve

STEP 1 Chop bananas and place into a blender. Scoop avocado flesh into the blender. Add spinach, chia seeds, almond milk and honey. Blend until thick and smooth (add extra almond milk if too thick).

STEP 2 Pour into serving glasses. Sprinkle each with a few blueberries and serve.

Good for you... AVOCADOS

Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.



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