

Avocado Paletas



Ingredients

- 3 ripe avocados
- 2 cups of vanilla yogurt
- 1 cup of pineapples, diced
- ½ cup of spinach

Serves 6

Preparation

1. Cut 1 avocado into small cubes and set aside.
2. Mix the 2 other avocados, vanilla yogurt, diced pineapple and spinach in a blender.
3. Stir in avocado cubes.
4. Pour the mixture into paleta (popsicle) moulds.

