Avocado Smoothies 3 Ways

Serves 1

Ingredients

Avocado base

Flesh of 1 avocado
375 ml (1½ cups) almond milk
7.5 ml (1½ teaspoons) fresh lime juice
15 ml (1 tablespoon) agave nectar

Sweet Blueberry Breakfast Smoothie

Avocado base +
125 ml (½ cup) vanilla Greek yogurt
85 ml (⅓ cup) rolled oats
375 ml (1½ cups) fresh or frozen blueberries
Pinch of cinnamon

Evergreen Smoothie (pre-workout smoothie)

Avocado base +
1 cup baby spinach
1 large apple, cored and sliced
1 banana
1 tablespoon chia seeds
1 tablespoon coconut oil
Pinch of cinnamon

Avocado Mango Go Go (post-workout smoothie)

Avocado base +
1 cup frozen mango
½ cup fresh (or frozen) pineapple

Avocado Smoothies 3 Ways

Juice of 1 lime

4 mint leaves

1 tablespoon hemp hearts

1 tablespoon crushed flax seeds

Preparation

1. In a blender, add all of the other ingredients to the avocado base and mix to a smooth consistency. If the mixture is too thick, dilute with the liquid of your choice (water, almond milk, etc.).