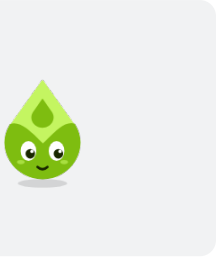
Snack, Mediterranean

# Creamy Moroccan Avocado Smoothie

Ripe avocado and a sweet overripe banana are blended with almond milk or orange juice and ice into a thick, frothy, chilled drink with a Moroccan flair.

| 5 min | 90 | 11 g | 4 g |
|---|---|---|---|
| time | calories | carbs | sugars |



Vegan | Gluten free | Dairy free

## Ingredients, 4 servings

- [ ] 1 med ripe avocado (pitted and peeled)
- [ ] 1 med overripe banana
- [ ] 1 cup unsweetened almond milk or orange juice
- [ ] 1 cup ice

## Method

- [ ] **1** Tip the ripe avocado, overripe banana, unsweetened almond milk or orange juice, and ice into a blender jar.
- [ ] **2** Run the blender until the mixture turns thick, smooth and frothy with no lumps of avocado left.
- [ ] **3** Pour into chilled glasses and serve straight away.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **90** |
| **Total fat** | 6 g |
| Saturated fat | 1 g |
| **Sodium** | 50 mg |
| **Total carbs** | 11 g |
| Fiber | 3 g |
| Total sugars | 4 g |
| **Protein** | 1 g |

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