

Avocado and Raspberry Smoothie

Ingredients

- 1 Banana, frozen
- 2 cups Frozen raspberries
- 1½ cups Milk, or yoghurt
- 1 Avocado, firm and ripe, flesh chopped
- 1 Tbsp Runny honey



Directions

Blend everything together in a blender or food processor until smooth. Pour into glasses and serve.

<https://www.bite.co.nz/recipe/6946/Avocado-and-raspberry-smoothie/?frmcol=1480>