



Avocado Coconut Smoothie

It is a result of housing to many avocados that needed to be eaten.

Ingredients

- 8 ice cubes
- 1 medium avocado
- ½ cup low-fat vanilla yogurt
- ½ cup whole milk
- ¼ cup cream of coconut

Procedures

1. Combine ice cubes, avocado, yogurt, milk, and cream of coconut in a blender; blend until smooth.