



potatoes | avocados | fruits | vegetables | grains

good choices

something good for everyone

APB Smoothie



INGREDIENTS (7 SERVINGS)

4 Each	Banana, Peeled
2 Cups	Pineapple, Chunks, Canned, Drained
1-1/4 Cups	Coconut Milk Beverage, Unsweetened
2 Cups	Ice, Cubed
1 Cup	Harvest Fresh™ Avocado Pulp, Thawed (10071179932260)
2 Tbsp.	Pomegranate Seeds, Fresh

PREPARATION

1. Combine banana, pineapple, coconut milk, ice, and avocado pulp into blender. Blend until smooth and pour into 7 glasses.
2. Garnish each with approximately 1 tsp. pomegranate seeds.

*Simplot Harvest Fresh™ Avocado Dices or Slices maybe substituted for Avocado Pulp

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