

Avocado Pineapple Smoothie

Printed from Avocado Recipes at <http://www.avocadorecipes.net/>

Avocados added to a morning and workout fruit shake add heart-healthy fat, fiber, and a whole lot of flavor.

Ingredients:

1 medium ripe avocado, peeled, pitted
1 ½ cups chopped fresh pineapple
1 ½ cups fresh orange juice
1 tablespoon honey, optional
2 teaspoons fresh lime juice
¼ teaspoon coconut flavoring, optional
2 ice cubes

Directions:

1) Combine avocado, pineapple, and juice in a blender; puree until smooth. Add remaining ingredients and pulse until smooth. Serve immediately.