



## GREEN SMOOTHIE WITH AVOCADO

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1 EACH CALAVO AVOCADO (MEDIUM SIZE)

2 CUPS FRESH SPINACH OR FRESH CHOPPED KALE, RINSED AND DRIED

1 1/2 CUP FROZEN PINEAPPLE CHUNKS (FREEZE YOUR FRESH PINEAPPLE FOR BEST RESULTS)

1 CUP UNSWEETENED ALMOND MILK

1 TABLESPOON FRESH GINGER, GRATED

OPTIONAL TOASTED ALMONDS, PISTACHIO, FLAX SEED OR TOASTED COCONUT FLAKES FOR GARNISH

- In a high powered blender, add in all the ingredients and blend on High for 1 to 2 minutes
- or until everything is smooth and well mixed.
- If the mixture is too thick, add some additional milk and blend until your preferred consistency.
- **Optional:** Top with preferred garnish