

This Avocado Banana Smoothie Is the Energy Boost You'll Crave Daily

Green Power Smoothie - Creamy, Energizing & Naturally Sweet



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INGREDIENTS

- 1 ripe avocado, peeled and pitted ?
- 1 banana ?
- 1 kiwi, peeled and sliced ?
- 1 cup almond milk (or your favorite milk) ?
- 1 tbsp honey or maple syrup ?
- ½ tsp vanilla extract (optional) ?
- ½ cup ice cubes ?
- Handful of almonds or granola, for topping (optional) ?

DIRECTIONS

- 1.** Blend the Base: In a blender, combine avocado, banana, kiwi, and almond milk.
- 2.** Blend until smooth and creamy.
- 3.** Sweeten & Chill: Add honey or maple syrup and vanilla extract (if using).
- 4.** Toss in the ice cubes and blend again until smooth.
- 5.** Serve & Garnish: Pour into glasses.
- 6.** Top with chopped almonds or granola for crunch and satisfaction.
- 7.** Enjoy immediately with a spoon or straw!

TIPS FOR SUCCESS

Ripe avocado makes all the difference-look for soft but not mushy.

For a colder smoothie, freeze the banana or kiwi ahead of time.

Add less milk or toss in a few frozen mango chunks.

Blend on high for a full 30-45 seconds for ultra-smooth texture.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-avocado-banana-smoothie-is-the-energy-boost-youll-crave-daily/>