

Easy Avocado Banana Smoothie for Energy and Nutrition

Avocado Banana Almond Smoothie

TIME
5 min

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INGREDIENTS

- 1 ripe avocado
- 2 bananas
- 1 cup almond milk
- 2 tablespoons raw almonds or almond butter
- 1 tablespoon honey (optional)
- 1 handful ice cubes

DIRECTIONS

1. Prepare the Fruit: Slice the bananas and avocado into chunks for easier blending.
2. Add Ingredients to Blender: Place the following into a blender:
3. Avocado
4. Banana slices
5. Almond milk
6. Raw almonds or almond butter
7. Honey (optional)
8. Ice cubes
9. Blend: Blend everything until smooth and creamy.
10. If the smoothie is too thick, add a splash of extra almond milk.
11. Serve: Pour into glasses and serve immediately while cold and fresh.

SWAPS & NOTES

This smoothie is easy to customize depending on what you have available.

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

Original recipe: <https://chefmaniac.com/easy-avocado-banana-smoothie-for-energy-and-nutrition/>