CREAMY AVOCADO SMOOTHIE
adapted from simpleveganblog.com

Yield: 1-2 servings
Prep Time: ~5 minutes
Blend Time: 1-2 minutes
Storage: best fresh; refrigerate up to 1 day

Ingredients

1/2 of a large avocado, peeled and pitted
1 cup spinach
1 1/2 cups milk of choice
2 Medjool dates, pitted — can substitute with 1 ripe banana
1 tsp pure vanilla extract
1/8 tsp salt
Optional: 1 scoop protein powder of choice

Directions

1. Place all ingredients into a blender and blend until smooth. If you are not using a high-speed blender, you may have some tiny pieces of spinach visible in your drink, but it’ll still be tasty! Enjoy as is, or add a couple ice cubes to serve chilled.

NOTE: If you have stale or extra-firm dates, soak them in some hot water for about 5 minutes to soften before blending.