

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.