

Honey and Avocado Dessert Smoothie

A rich and refreshing blend of fresh avocado and coconut milk makes this a great finish to a meal or as a yummy snack by itself.



Makes 2 large or 4 small servings.

Ingredients

6 tbsp Manawa Honey, you can adjust depending on your desired sweetness

1 large, just ripened avocado

Juice of 1 lime

1 cup whole Greek vanilla yogurt

1½ cups unsweetened coconut milk

1 cup baby spinach leaves

½ – ¾ cup crushed ice, optional

Method

Combine all ingredients except ice in blender and then blend until its nice and smooth.

If desired, add crushed ice and blend until desired smoothness is achieved. Serve immediately or chill to serve later.

If serving later, place cling wrap directly over surface of

smoothie to prevent any possible colour change from the avocado being exposed to air.