

# Avocado Smoothie/Shake

Yield: 4 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-avocado-shake-recipe>

## Ingredients:

- 2 avocados ripe
- 2 cups crushed ice
- 1 cup milk plus more, if desired
- sugar to taste, I use about 3-4 Tbsp

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 17 grams
5. Fiber: 7 grams
6. Protein: 5 grams
7. SaturatedFat: 3 grams
8. Sodium: 55 milligrams
9. Sugar: 10 grams

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