

Tropical Avocado Smoothie

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-coconut-drink-recipe>

Ingredients:

- 1/2 avocado
- 1/2 cup lite coconut milk
- 1/2 cup milk or water, I used unsweetened vanilla almond milk
- 1/4 cup plain greek yogurt
- 2 ice cubes
- 1/2 frozen banana
- 1/2 teaspoon vanilla extract
- 2 tablespoons coconut

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 8 grams
8. Sodium: 35 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Tropical Avocado Smoothie above. You can see more 19 chinese coconut drink recipe Savor the mouthwatering goodness! to get more great cooking ideas.