

# Vietnamese Avocado Shake (Sinh to bo)

Yield: 5 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/sin-to-mit-recipe-vietnamese>

## Ingredients:

- 1 cup ice cubes
- 1 Hass avocado ripe, sliced
- 1/2 cup milk plus extra to thin if needed
- 1/2 cup condensed milk

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 15 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 60 milligrams
9. Sugar: 18 grams

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