



Avocado-Mint Smoothie

INGREDIENTS

1 banana
1/2 medium avocado (peeled and pitted)
3 Medjool dates (pitted)
4-6 leaves of mint
1 cup almond milk (plain and unsweetened)

DIRECTIONS

Blend ingredients until smooth.
Serve chilled.

Enjoy!



Prep Time: 5 minutes

Total Time: 5 minutes

Serves: 1