



PINEAPPLE AVOCADO SMOOTHIE

A tangy start to the morning – done in no time at all!



Servings: 1

Prep time: 5 minutes

Cooking time: 15 minutes

Calories: 651

- 1 large, ripe avocado, peeled, pitted and cut into chunks
 - 1 ½ cups pineapple chunks, fresh or frozen
 - 1 egg yolk (preferably free range, organic)
 - 1 ½ cups coconut milk

- 2 tsp. lime juice
- 2 ice cubes (can be eliminated if using frozen pineapple)

Purée all ingredients (except ice cubes) in the blender until smooth. Add ice cubes if desired and blend again.