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Everyday Beast Avocado Smoothie

Prep time: 5 minutes Cook time: 0 minutes

Serving size: 1 smoothie

Recipe yields 1 serving

Ingredients

60 g avocado

1/2 tbsp honey

73 g (1/2 cup) sliced banana

4 oz. unsweetened almond milk, vanilla flavored

1 serving whey protein isolate, vanilla flavored

Ice cubes

Directions

1. Place all ingredients in a blender and blend until smooth.