

M A N G O A V O C A D O D E L I G H T

Ingredients:

- 1 ripe avocado
- 1 cup frozen mango chunks
- 1 banana
- 1 cup coconut milk
- 1 tablespoon chia seeds
- Ice cubes



Instructions:

1. Prepare the Ingredients: Slice the avocado in half, remove the pit, and scoop out the flesh. Peel the banana.

2. Blend: Add the avocado, mango chunks, banana, coconut milk, and a handful of ice cubes to a blender. Blend until smooth and creamy.

3. Serve: Pour the smoothie into a chilled glass.

4. Garnish: Sprinkle chia seeds on top for added texture and a nutritional boost.

5. Enjoy: Serve immediately and savor the refreshing goodness!

Health Tip:

This smoothie is packed with Vitamin C and Omega-3s, which can help boost your immune system and support heart health.



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