MANGO AVOCADO DELIGHT

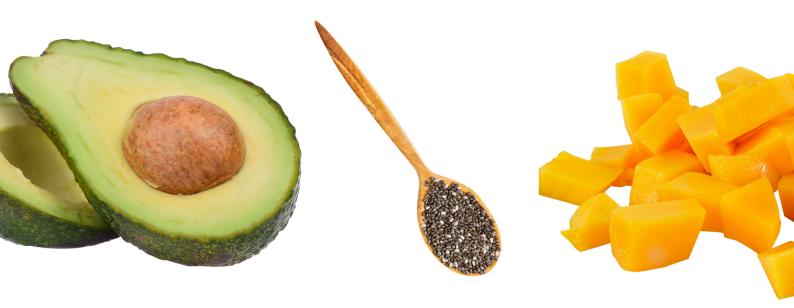


Instructions:

- 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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