

## Coconut Banana Avocado Smoothie

submitted by sarah78

Per serving: 396 Calories • 35.5g Carbs (6.9g Fiber) • 30g Fat • 4.6g Protein

### Ingredients

*Ingredients scaled to: 2 serving*

1 cup **Coconut milk** (226 grams)

1 large (8" to 8-7/8" long) **Banana** (136 grams)

3/4 cup **Blueberries** (111 grams)

1 cup, halves **Strawberries** (152 grams)

1/2 fruit, without skin and seed **Avocados** (68 grams)

### Directions

*Directions are based on the original recipe of 2 servings*

1. Combine all ingredients in a blender and pulse until smooth. Enjoy!