

Avocado Smoothie

Creamy avocado smoothie recipe ready in 5 minutes! Healthy, vegan-friendly breakfast drink with banana and customizable milk options.

5 min

PREP

5 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Ingredients

- 0.5 avocado
- 1 cup milk
- 1 tbsp plain yogurt
- 1 banana
- 3 cube ice

Instructions

- 1 Prepare the avocado**

Cut 0.5 avocado in half, remove the pit, and scoop the flesh into your blender.
- 2** Add 1 cup milk and 1 tablespoon honey to the blender with the avocado.
- 3** Add 1 banana (peeled and broken into chunks) and 3 ice cubes to the blender.
- 4 Blend until smooth**

Blend on high speed for 60-90 seconds until the mixture is completely smooth and creamy with no visible chunks.
- 5** Taste and add more honey if desired, then blend for an additional 10-15 seconds to incorporate.
- 6** Pour into a glass and serve immediately while cold and frothy.

Tips

Use frozen fruit instead of fresh to achieve the perfect thick, creamy consistency without needing excess ice that can water down the flavor.

Choose ripe avocados that yield slightly to pressure but aren't overly soft or brown - they should be creamy but not mushy for the best texture.

Freeze avocado and banana slices ahead of time on parchment-lined trays, then store in freezer bags for convenient smoothie preparation throughout the week.

Add liquid gradually while blending, starting with less than you think you need - you can always add more, but you can't take it out once it's too thin.

Squeeze fresh lemon or lime juice into the smoothie to prevent browning, enhance flavor, and extend the storage life if you need to save some for later.

Blend ingredients in the right order: liquid first, then soft ingredients like yogurt, followed by frozen fruit to ensure smooth, even mixing without straining your blender.

Taste and adjust sweetness gradually - the ripeness of your fruit will affect how much additional sweetener you need, so start with less and add more as desired.

Use a high-powered blender or food processor for the smoothest results, especially when working with frozen avocado, which can be quite firm.