
AVOCADO BANANA SMOOTHIE

- 2 ripe bananas, chilled
 - 2 cups coconut water or almond milk
 - 1 avocado, chilled
 - 2 tablespoons honey
 - 1 teaspoon ground cinnamon
 - 1 teaspoon vanilla extract
 - Banana slices and crushed almonds for topping (optional)
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1. In a blender, combine bananas and coconut water or almond milk. Puree until smooth.
2. Add the rest of the ingredients, and continue to blend until smooth.
3. Serve in frozen mug or glass. Top with banana and crushed nuts, if desired.

Recipe adapted from *Popsugar.org*

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