

Green smoothies

Recipe for 4 persons

Description

Frozen drink prepared with avocados, kiwis, honey dew prepared directly in your blender.

Note

You can create variations with different frozen fruits to create a range of smoothies, each more exotic than others.

Ingredients

For the smoothie

- 2 Unit(s) Avocado
- 4 Unit(s) Kiwi
- 0.25 Unit(s) Honeydew melon
- 250 Ml Orange juice
- 30 Ml Honey
- 250 Ml Ice cubes

Preparation

- Preparation time **10 mins**

Smoothie preparation

Slice one kiwi with the peel on for decoration. Peel the other kiwis and cut them into pieces. Remove skin and seeds from the honeydew and avocados. Place all ingredients in a blender and mix well for 2 minutes. Serve in nice glasses and garnish with kiwi slices.

Bon appétit!