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Avo Smoothie

Ingredients

1 ripe avocado
A handful of baby spinach leaves
1 mango
3-4 ice cubes

Preparation

1. Throw all the ingredients together in a blender and blend.

Cooks Note

This is probably the richest smoothie you can make using just fruit and vegetables. Ensure that you consume this as a meal or a snack in between meals. It is too rich to be an accompanying drink.