

Delicious and Nutritious Smoothie

No refined sugar. Pour, sip and love.



INGREDIENTS:

- 1 really ripe banana
- ½ avocado
- 4 medjool dates
- 2 teaspoons of cacao
- 1 teaspoon of honey
- 1 teaspoon of almond butter or sunbutter
- a few ice cubes

DIRECTIONS:

1. Peel the banana and avocado, discarding their skins.
2. Pit the dates.
3. Simply place all of the ingredients into the blender, blend for 2 minutes until smooth. Enjoy.

credit: Deliciously Ella



Innovating primary care, leading as a Patient-Centered Medical Home.