

# Food Babe's Avocado Berry Banana Breakfast Smoothie



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	1

<https://foodbabe.com/avocado-banana-breakfast-smoothie>

## Ingredients:

- ½ ripe avocado
- ½ ripe banana, frozen
- 1 cup nut milk
- ½ cup frozen berries
- ⅓ cup raw oats
- 2 cups spinach
- 1 medjool date, pitted

## Instructions:

1. Scoop the avocado flesh out of its skin, discarding the pit. Place everything into a blender and blend until smooth and creamy.

## Notes:

- If you don't have spinach, try romaine or another dark leafy green.
- Please choose all organic ingredients if possible