

Everything but the Kitchen Sink Smoothie

By: Debby Pyle

Frozen Avocado Chunks

Frozen Mango Frozen

Banana Chunks

Blueberries

Strawberries

Kale-remove from stems and give a rough chop

1 tsp Chia Seeds

Liquid of your choice - I used 5 oz of a bottled protein shake but anything will do - water, almond milk, skim milk, cashew milk

Throw all ingredients into blender and blend until desired thickness adding liquid as desired. No need for ice with frozen fruit.

Pro Tip: save money - freeze your own avocado - just chop ripe avocado into 1 inch chunks - toss in a small amount of lemon juice to prevent browning -freeze on a cookie sheet - once frozen slip into a zip lock bag and store in freezer