THE LIGHTER PLATE METHOD

Avocado & Coconut Smoothie

Thick, rich and only faintly sweet — closer to a dessert than a drink.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 3 tbsp coconut milk
- 0.5 avocado
- 100 ml water
- sweetener (stevia or xylitol, optional)

Method

1. Blend all the ingredients together until thick and smooth.

Tips & swaps

- Serve very cold, straight after blending, for the best texture.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
190	**2g**	**8g**	**17g**	**4g**

Estimated values, for guidance only.