

Rich Avocado Smoothie



Level: Easy
Serves: 2

Prep Time: 5 minutes
Cooking Time: -

2 ripe Hass avocados
2 plump ripe calamansi fruit (see Notes below)
 $\frac{1}{2}$ Tbsp. Hawaiian honey or other organic raw honey
 $1\frac{1}{2}$ to $2\frac{1}{2}$ cups ice cubes
 $\frac{1}{2}$ to $\frac{3}{4}$ cup 2% milk
 $\frac{1}{4}$ to $\frac{1}{2}$ cup sweetened condensed milk



Cut avocados in half. Remove pits. Scoop out avocado meat from the skin and place in a blender. Cut calamansi fruits in half and squeeze the juice over the avocados, ensuring no seeds, pulp, or peel fall into the blender. Add honey, $1\frac{1}{2}$ cups ice cubes, $\frac{1}{2}$ cup milk, and $\frac{1}{4}$ cup sweetened condensed milk to the blender. Blend until smooth. Add and blend more ice cubes, milk, or sweetened condensed milk to your taste and desired consistency. Serve immediately.

Notes:

- If calamansi fruit is not available, drizzle lemon or lime juice over the avocados to prevent browning.