

Our Favorite Green Smoothie

2 small avocados or 1 large one (peeled and pitted)

1 banana

1-2 cups apple or pineapple juice or almond milk or a mix of juice and milk substitute.

A little raw honey to taste if needed

Blend up and enjoy. I like mine a little colder so I might add an ice cube or a scoop of frozen concentrated orange juice.

When our children were just starting to eat solids, we would make this up with less liquid and have it come out in a pudding like thickness. We called it “green pudding” and they thrived on it. Now the grandchildren love it! David and I still enjoy “green pudding” too!

Recipe by Fawn Christopher