

Mango Avocado Smoothie

Ingredients

1 cup milk

½ cup vanilla yogurt

½ ripe avocado

1 cup frozen mango (or 1 cup chopped, fresh mango)



Directions

1. If you have a full avocado, cut it in half around the pit. Twist it open and pull the halves apart. Use the half without the pit and scoop the flesh out from the skin.
2. In a blender add milk, yogurt, mango and avocado.
3. Blend until smooth.
4. Pour smoothie into cups and enjoy!

Makes about 3 cups (750 mL)



Tips:

- If your baby is 6 months or older, mash up the other half of the avocado with a fork, and feed it to baby!
- To store the half avocado for later use, cover it tightly with plastic wrap and keep in fridge for 1-2 days. Or, scoop the flesh from the skin, chop it into pieces and freeze for up to 3 months. Use the frozen avocado in your next smoothie!

