

Cal Flavor Smoothie



Recipe created by Chef Brad Barnes for Cal Flavor™



Total Time: 20 min



Serves: 4



Method: Blend

The Cal Flavor Smoothie is a tropical delight that effortlessly combines the creamy richness of Cal Flavor Avocados with the vibrant sweetness of pineapple, honeydew melon, and kiwi. A symphony of flavors, with our luscious avocado providing a velvety base that complements the orange juice and the coconut milk.

Ingredients

Step 1

2.50 cups • Pineapple • peel and dice
1 cups • Avocado • peel and dice
0.50 cups • Honeydew melon • peel and dice
0.50 cup • Kiwi • peel and dice

Step 2

0.75 cups • Orange juice
0.5 cups • Coconut milk, unsweetened
0.5 cups • Yogurt, low fat
1 cups • Ice
2.50 tbsp • Coconut sugar • or as needed
0.75 tsp • Vanilla extract

Step 3

4 slice • Pineapple • sliced
¼ cup • Shredded unsweetened coconut • toasted golden brown

Instructions

Step 1

Place all (step 1) ingredients in a blender and blend smooth.

Step 2

While the blender is running, add the rest of the (step 2) ingredients.

Step 3

Garnish glass with pineapple slice and a sprinkle of toasted coconut.

