

## Avocado smoothie:



1 ripe avocado

1 banana

Slice of pineapple or mango, pear,

1 tbsp parsley leaves (fresh or frozen)

Handful of spinach or kale, arugula

1 Brazilian nut

1 dry date

1 stalk of celery

Coconut water: the amount depends on how you like it: less water if you want it thicker and eat with spoon or more water and drink it.

(you can add or replace any fruit or greens)

Blend everything until smooth.

<https://herbsinmykitchenbook.com/recipes/>