



# Indigo Herbs Natural Health Guide

## Creamy Green Avo Smoothie



### Ingredients

- Small avocado
- Handful of almonds
- 150ml coconut milk
- 1 tbsp wheatgrass powder
- 1 tbsp banana powder
- 1 tsp grated fresh ginger

### Method

Add all ingredients to blender; and whizz for as long as it takes for the ingredients to meld into a tasty, green smoothie.