

AVOCADO SMOOTHIE

(Sinh tố bơ)

In Vietnam, avocado is a fruit never eaten with salt.

Serving: 1

Ingredient list:

1 ripe Avocado, halved and pitted
1 cup Milk or Sweet Condensed Milk
3 tablespoons honey if you don't use condensed milk
8 ice cubes

Process:

Add to blender and blend until smooth

PINEAPPLE & MANGO SMOOTHIE

(Sinh tố trái cây dứa & xoài)

Serving: 1

Ingredient list:

1 ripe Mango
1 fresh Pineapple
Fresh Milk
8 ice cubes (less or more depending on your preferred thickness)

Process:

Add to blender and blend until smooth



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