

Avocado and Melon Smoothie



Ingredients:

- 1 large ripe avocado
- 1 cup of cantaloupe in chunks
- 1 cup plain yogurt - low fat
- 1 cup skim milk
- ½ cup apple juice
- 1 Tbsp honey
- Several ice cubes
- Lime juice to taste

Method:

- Slice open the avocado and remove the seed, then scoop the flesh into a blender
- Add all remaining ingredients and then blend well, until the ice has melted
- Pour into glasses and enjoy whilst it is fresh!

Tips:

- Add a few mint leaves to complement the flavours
- Try using a combination of melons, or even some mango that's also now in season, to vary the flavour
- If your melon is quite ripe you may not need the honey as it will be sweet already. You can always add the honey after first tasting the smoothie (remembering to give it another quick blend after adding it!)