



Avocados from Peru Protein Smoothie

Makes 2 to 3 servings

Ingredients:

½ to 1 Avocado from Peru, peeled, pitted and diced
2 cups blueberries
2 cups unsweetened almond milk
½ cup protein powder
1 to 3 medjool dates
2 Tbsp mixed nut butter
2 cups baby spinach leaves
Handful of ice

Instructions:

Add avocado, blueberries, almond milk, protein powder, dates, mixed nut butter, spinach and ice to a blender. Blend until smooth. Serve immediately.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**

