

# IRISH YOGURTS

## CLONAKILTY

### GREEN SMOOTHIE



By Irish Yogurts Clonakilty

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Method

- Peel and cut the avocado into halves and remove the stone
- Blend the cut avocado, sliced banana, spinach, Irish Yogurts Clonakilty Kefir and ice cubes in a blender. Blend until smooth.
- Serve into glasses or bowl of your choice

#### Ingredients

- 1 Cup of [Irish Yogurts Clonakilty Kefir Natural](#)
- 1 Banana
- 1 Avocado
- 1/2 Cup of Washed Spinach
- 4 Ice Cubes

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