

Kiwi Avocado Smoothie with Lime, Udo's Oil, and Manuka Honey

Makes one 10 oz. glass

Ingredients

1/2 ripe large avocado

2 kiwis - peeled

1/8 c. lime juice + 1 tbsp.

1/8 c.-1/4 c. almond milk, soy milk, coconut milk, aloe juice, or fruit juice—just enough to get the blender going

[Manuka Honey](#) to taste 1-2 tbsp.

2 tbsp. [Udo's Oil](#)

2-3 ice cubes

Instructions

1. Place the liquid in the blender first, then fruit and ice. Cover. Start on low speed, increasing to high speed. Blend it up until creamy and smooth.

<http://blog.florahealthy.com/kiwi-avocado-smoothie-with-lime-udos-oil-and-manuka-honey/>