

## Florida Avocado Milkshake

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Yield 2 Servings

### Ingredients

1 Florida avocado, peeled and pit removed  
1 cup low fat milk  
2 cups vanilla frozen low fat yogurt  
8 ice cubes  
sugar to taste  
Vanilla

### Preparation

Place the avocado in the blender, with the milk.  
Make sure the lid is on tight.  
Blend the avocado with the milk on high speed until smooth.  
Add the frozen yogurt, and the ice cubes, sugar & vanilla and  
continue to blend until smooth and creamy.  
Serve immediately.  
Pour any leftovers into an ice cube tray and freeze for later use.

**how to Do**  
**florida**

