

Drinks

INDONESIAN AVOCADO SMOOTHIE (ALPOKAT)

SERVES 2 - Prep time: 5 mins. Cooking time: 10 mins



5 tablespoons sugar
5 tablespoons water
2 ripe avocados
½ cup cold milk
1 cup chocolate milk
½ cup crushed ice

Directions

Make simple syrup by combining sugar and water in small saucepan over medium-high heat.

Stir until clear.

Remove from heat and let cool.

Spoon out avocado pulp and place in blender.

Add syrup and blend.

Add cold milk and blend.

Divide between 2 tall glasses.

Top each serving with ½ cup chocolate milk (to form separate layer) and crushed ice.

Source: <http://www.recipezaar.com/Juice-Alpokate-indonesian-Avocado-Drink-59169> - Jonathan Hyatt

Photo: <http://devine.files.wordpress.com/2006/09/alpokate.jpg>
