

Drinks

AVOCADO AND CUCUMBER SMOOTHIE



- 1 Spring onion, trimmed
- 1 Avocado, halved
- ½ Cucumber, peeled and cut up
- 2 Heaped tablespoons fromage frais

Finely slice a little of the green of the spring onion and set aside. Cut up the remaining onion and place in a blender with the avocado flesh and other ingredients.
