

## **Avocado-Coconut Milk Shake**

If someone tells you to live on meal replacement drinks for a week, by all means, substitute this. I like it best sprinkled with a little sea salt.

TIME: 5 minutes

MAKES: 1 large shake

1 small avocado, pitted, peeled, and sliced

3/4 cup plain nonfat yogurt

1/2 cup light coconut milk

3/4 cup lowfat milk

Pinch salt

Blend all ingredients until smooth and frothy. Drink immediately.