

Traditional Vietnamese Avocado Shake Without A Blender

Serves 2

INGREDIENTS

- 1 ripe avocado
- 1 tablespoon sweetened condensed milk
- 1 teaspoon granulated sugar (optional)
- 1 cup ice

INSTRUCTIONS

1. Halve the avocado and take out the pit. Use a spoon to scoop out the flesh and transfer to glass.
2. Add sugar and condensed milk. Smash the avocado well with the sugar and condensed milk.
3. Add ice and serve.