Early to Rise Customer Support

Substitute - Banana

Honey - 2020-02-06 - Nutrition FAQs and Substitutions

Bananas are ubiquitous in smoothie recipes. Fortunately bananas aren't the only path to a thick, creamy smoothie.

Another healthy ingredients that can do the trick. Avocado has a different flavor profile (and color!) than banana but it can be used to make a very creamy smoothie. Try 1/2 to 1 avocado per smoothie.