

Chocolate Avocado Smoothie

Number of Servings: 1

Ingredients:

8 oz. almond milk (I like the unsweetened chocolate flavor)
1/2 cup crushed ice
1 ripe banana
3 dates, or 1 tbsp honey
½ avocado (about ¼ cup)
2 tbsp. raw cacao
2 tbsp. almond butter
1 ½ tbsp. ground flax seed

Directions

Mix all together in blender. Adjust ingredients as needed for taste.
Enjoy!