

Chocolate Avocado Smoothie

(inspired by Nancy's Brother-In-Law, Brian)

Prep time

8 minutes

Serves

4 to 5

Ingredients: Blend together and serve.

2 cups

Chocolate Milk (Or Soy,
Coconut, Almond
options)

2 cups

Milk (Or Soy, Coconut,
Almond options)

4 tbsp.

Whey Protein (Vanilla or
Chocolate)

4 tbsp.

Yogurt (Vanilla or Plain)

2 tbsp.

Peanut Butter

1 Tray

of ice cubes

1 Ripe

Banana

1 Ripe

Avocado

1 Ripe

Apple