**Double Chocolate Banana-Avocado Milkshake**

Blending together frozen bananas and avocados creates a smooth, creamy consistency that rivals the most fattening ice cream. Add nutty almond milk and a hit of chocolate and you’ve got a milkshake that’s downright delicious. The good-for-you part: Avocados are loaded with healthy fats, protein, and fiber. Bananas and spinach (yep, spinach) bump up the fiber even more, and are packed with essential vitamins and minerals.

**Ingredients**  
1 c. Dark chocolate almond milk  
1 c. Fresh spinach  
1 Pitted date(fig) , soaked in hot water for 20 mins\*  
1 tsp. Water (use the water you soaked the date in)  
1 Banana that’s been sliced and frozen  
½ an Avocado that’s been peeled, sliced, and frozen  
1 tbsp. Raw or unsweetened cocoa powder  
\*Add an additional date (fig) to up the sweetness

**Directions**  
1. Add all ingredients in order listed to a blender.  
2. Blend on high until smooth. Pour and serve immediately.

**Variations**  
Chocolate Strawberry Milkshake: Add 3 or 4 frozen strawberries before blending.  
Mocha Milkshake: Substitute ¾ c. Dark chocolate almond milk + ¼ c. Brewed coffee for the 1 c. Dark chocolate almond milk.