

# Creamy Chocolate Avocado Smoothie or Smoothie Bowl (Simple)

## Serving: 2

Decrease the amount of almond milk, or increase the frozen bananas, if making a smoothie bowl. Top with fresh berries, shredded coconut, hemp seeds, sliced almonds, granola, or anything else you desire!

## Ingredients

2 Cups **almond milk** (*adjust for desired thickness*)

1 **avocado**

2 **frozen bananas**

1-2 tablespoon **cacao powder** (*depending on how chocolately you want it*)

## Directions

Put all ingredients in blender and blend until smooth.

