

Avocado Chocolate Peanut Butter Smoothie

1 serving. Ready in 6 min.

Ingredients

1/2 teaspoon vanilla extract (optional, but recommended), 0.5 teaspoons (2 g)

1/2 medium avocado, 0.5 avocado (79 g)

creamy peanut butter, 1 tablespoons (16 g)

Coconut Milk, 0.5 cup (114 g)

Walnuts, 1 handful (31 g)

Stevia (Optional), 1 tsp (2 g)

Water, 1 cup (240 g)

Organic Raw Cacao powder, 2 Tbsp (9 g)

Whey Protein, 1 scoop (30 g)



Instructions/Preparation

Instructions

Add everything into a blender and blend on high for about 2 - 4 minutes, or until smooth and creamy. Add more milk/water as necessary to reach your desired thickness.

Extra comments/notes

Whey protein can be substituted for non-dairy protein.

Original source

<https://cookienameddesire.com/avocado-chocolate-peanut-butter-smoothie/>

