the center
For Naturopathic Medicine & Functional Nutrition



Chocolate-Avocado Mousse Smoothie

Prep time	Total time	Meal type	Servings
10 minutes	10 minutes	Breakfast, Snack	1

Ingredients

- 1/2 avocado
- 1/2 banana*, frozen*
- 1/4 cup spinach, frozen
- 2 dates*, pitted and chopped*
- 1 cup almond milk, unsweetened
- 3 Tbs cocoa powder, unsweetened

Directions

Make

1. Place all ingredients in a blender and process until smooth, adding water or ice to achieve desired consistency.

Nutrition Facts

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Amount per serving

Calories 431

	% Daily Value*
Total Fat 20g	**25%**
Saturated Fat 4g	**19%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 220mg	**10%**
Total Carbohydrates 72g	**26%**
Dietary Fiber 19g	**67%**
Total Sugars 42g	
Protein 8g	
Vitamin D N/A	0%
Calcium 580mg	45%
Iron 5mg	25%
Potassium 1516mg	32%

Source Living Plate

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only