

Healthy Recipes



Chocolate Covered Strawberry Protein Smoothie



Nutritional Info

Nutrients per serving:

♥ Calories	319
♥ Total Fats	15 g
♥ Sodium	86 mg
♥ Total Carbohydrates	20 g
♥ Sugars	5.5 g
♥ Protein	12.5 g

Method

Yield: 2 Servings
Total Time: 5 Minutes

1. Place all ingredients into a high speed blender and blend until smooth.
2. Pour into a glass or travel mug and enjoy!

Ingredients

- ♥ ½ a small avocado, removed from skin and pitted.
- ♥ 1 Cup organic frozen strawberries (OR you can use fresh)
- ♥ 2 Tbsp. cocoa powder
- ♥ 1 Scoop (30 grams) vegan vanilla or chocolate protein powder
- ♥ 2 Cups of almond or coconut milk
- ♥ 1 Banana (optional)

Helpful Hint

“Why not treat your special Valentine to a delicious and nutritious smoothie on Valentine’s Day! To make this recipe lighter substitute 1 cup of water and to add extra sweetness add a banana.”



