



CHOC-AVO SMOOTHIE

This smoothie is a favorite of my readers and clients. To lessen some of the sugar I used an avocado instead of a banana which makes a great creamy texture and adds a healthier nutrient boost. It's also loaded with superfoods like hemp seeds, cacao, and maca.

INGREDIENTS

- 1/2 avocado
- 2 cups almond milk
- 1 tbsp maca powder
- 1 tbsp hemp seed
- 1 tbsp raw cacao
- 3 Medjool dates
- 10 drops liquid vanilla Stevia
- Sprinkle of cinnamon

METHOD

Blend all ingredients in high-speed blender, sprinkle with cinnamon.

