

# Creamy Chocolate Berry Smoothie

## Instructions

1. Place all ingredients in a high-speed blender.
2. Blend until smooth and enjoy!

## Ingredients

- 1 ½ cups spinach
- 2 scoops chocolate protein powder
- ½ avocado
- 2 tbsp peanut butter
- 2 cups coconut milk
- 1 cup frozen berries
- 1 tbsp flaxseed (optional)
- 1 tbsp cacao powder (optional)

## Grocery List

### Canned Goods/Grocery

- Chocolate protein powder
- Peanut butter
- Coconut milk
- Flaxseed
- Cacao powder

### Produce

- Spinach
- Avocado
- Frozen berries