

Creamy Chocolate Berry Smoothie

Cooking Instructions

1. Add all ingredients to a blender and blend together.

Recipe

- 1½ 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 (add optional toppings to list as desired)

Canned Goods/Grocery

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

Produce

- Spinach
- Avocado
- Frozen berries