

CHOCOLATE AVOCADO FLAX SMOOTHIE

SERVING SIZE
12 OZ

INGREDIENTS

½ OZ **DARK CHOCOLATE** (CHOPPED)

2 OZ **AVOCADO**

½ CUP **VANILLA YOGURT**

1 TBS **FLAX SEED** (GROUND)

3 OZ **ALMOND MILK** (UNSWEETENED)

2TBS **HONEY**

PROCESS

1. IN A HIGH POWER BLENDER COMBINE ALL INGREDIENTS AND BLEND FOR 30-60 SECONDS UNTIL SMOOTH.

2. POUR INTO CLEAR CUPS, TOP WITH LID AND SERVE IMMEDIATELY.

