

Creamy Chocolate Avocado Smoothie

Serving: 1

Decrease the amount of almond milk, or increase the frozen banana, if making a smoothie bowl. Top with fresh berries, shredded coconut, hemp seeds, or anything else you desire!

Ingredients

8 ounces **almond milk**

1 tablespoon **almond butter**

$\frac{1}{2}$ **avocado**

$\frac{1}{2}$ -1 **frozen banana** (*more if using as smoothie bowl, less if drinking*)

1 T **bee free honee** *optional (or maple syrup)*

1 $\frac{1}{2}$ teaspoon **flaxseed**

1 tablespoon **raw cacao**

Directions

Blend until smooth.