

# Live Healthy Recipe

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February 2023



## Chocolate Avocado Shake

### Ingredients:

- 1 ripe avocado, halved and pitted
- 1 ½ cups vanilla almond milk or other nondairy vanilla milk
- 3 tablespoons unsweetened cocoa powder
- 3 tablespoons brown sugar or maple syrup, or to taste
- 2 tablespoons nondairy semisweet chocolate chips, melted (see Tip)
- 1 tablespoon vanilla extract, or to taste
- 12 ice cubes

### Directions:

1. Scoop avocado into a blender; add milk, cocoa, brown sugar (or maple syrup), melted chocolate and vanilla. Pulse and puree until smooth. Add ice and puree until thick and frosty.

Tip: To melt chocolate, microwave in a bowl on Medium (50%) for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted.

### Nutrition Facts:

Servings: 2    Serving Size: 1¾ cups

Per Serving: 381 calories; protein 5.4g; carbohydrates 44.8g; dietary fiber 11.5g; sugars 28.7g; fat 23.1g; saturated fat 5.8g; vitamin a iu 521.7IU; vitamin c 10.1mg; folate 84.2mcg; calcium 194.1mg; iron 2.1mg; magnesium 85.3mg; potassium 790.9mg; sodium 153.9mg; thiamin 0.1mg; added sugar 27g.

Exchanges: 2 other carbohydrate, 4 fat

*Recipe from eatingwell.com*