



# Choco-Banana Avocado Smoothie

## INGREDIENTS

2 frozen bananas  
1 cup milk of your choice  
2 tbsp unsweetened cocoa powder  
1/2 avocado  
2 tsp honey

## DIRECTIONS

- 1) Put everything into blender
- 2) Slowly increase the speed of the blender and blend until completely smooth (about 30 seconds)

Enjoy!



**Prep Time:** 5 minutes

**Total Time:** 5 minutes

**Serves:** 1