

The ingles a b l e

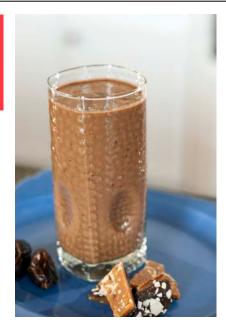
with Lindsay Moore
Chocolate Mocha Smoothie

Shopping List

- 2 cups unsweetened almond milk (fortified with calcium and 1/3 calories of low fat milk - no saturated fat, cholesterol or added sugar)
- 2 tbsp unsweetened cocoa powder or raw cacao
- 1/2 small avocado or 1/4 cup avocado
- 1 tsp pure vanilla extract
- 2-4 Medjool dates, to taste
- 4-6 coffee or regular ice cubes
- 1 tsp cinnamon
- Very small pinch of fine sea salt
- 1/2 tsp espresso powder

Cooking Instructions

1. In a high speed blender, combine ingredients and blend until smooth.



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