



# The **ingles** T 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.



[ingles-markets.com](http://ingles-markets.com) | [inglestable.com](http://inglestable.com)