

POWER UP MINT CHOCOLATE SMOOTHIE

SERVES (1)

The Fresh mint and creamy avocado, this chocolate treat will fill you up and leave you feeling focused and happy! Chocolate can actually be a very healthy part of your diet. Cacao powder is incredibly rich in antioxidants, magnesium and mood-boosting phytochemicals.

INGREDIENTS

2 cups unsweetened vanilla almond milk
1/3 cup tightly packed fresh mint leaves, plus more
for garnish
1/2 large avocado
1 to 2 scoops collagen powder or protein powder
2 tablespoons raw cacao powder
1-2 Medjool date
Ice cubes
Pinch of sea salt

Add-ins:

1/2 cup cold brew coffee
1 tablespoon coconut oil or MCT oil
Cacao nibs

METHOD

Combine all ingredients in a high-speed blender until smooth and creamy. Serve with a fresh sprig of mint and coco nibs.

the WELLNESS STUDIO *by Alisha*