



Chocolate-Avocado Mousse Smoothie

Prep Time 10 mins
 Total Time 10 mins
 Meal Type Breakfast,Snack
 Contributed By



Source Living Plate Teaching Kitchen

Servings 1



Ingredients

lb,c g,ml

- 1/2 avocado
- 1/4 cups spinach, frozen
- 1/2 banana, *frozen*
- 2 dates, *pitted and chopped*
- 3 Tbs cocoa powder, unsweetened
- 1 cups almond milk, unsweetened

Directions

Make

1. Place all ingredients in a blender and process until smooth, adding water or ice to achieve desired consistency.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 19.9g		30%	Total Carbohydrates 72g
Saturated Fat 3.7g		18%	Dietary Fiber 19g	74%
Trans Fat 0.0g			Total Sugars 42g	
Calories 431	Cholesterol 0mg	0%	Protein 9g	
per serving	Sodium 220mg	9%		
	Vitamin D 3mcg 26% · Calcium 580mg 57% · Iron 5mg 25% · Potassium 1516mg 32%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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