

Chocolate Avocado Fertility Smoothie

Prep Time 10 mins
 Total Time 10 mins
 Meal Type Breakfast, Snack
 Contributed By **LivingPlateRx**
 Source Living Plate Teaching Kitchen
 Servings 1



Ingredients

lb,c g,ml

- 1/3 avocado
- 1/4 cup spinach, frozen
- 1/2 banana, frozen
- 2 Tbs cocoa powder, unsweetened
- 1 cup almond milk, unsweetened
- 2 scoops Zint Collagen Peptides

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 14.0g		21%	Total Carbohydrates 30g
Saturated Fat 2.6g		12%	Dietary Fiber 11g	44%
Trans Fat 0.0g			Total Sugars 10g	
Calories 321	Cholesterol 0mg	0%	Protein 28g	
per serving	Sodium 316mg	13%		
	Vitamin D 3mcg 26% · Calcium 538mg 53% · Iron 3mg 17% · Potassium 934mg 19%			

* 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.

- Show all nutrients -