

Chocolate Avocado Protein Smoothie

Makes 2 servings

Ingredients:

- ½ medium ripe avocado, diced
- 1 tbsp. unsweetened cocoa powder
- 1 medium frozen ripe banana, cut into chunks
- 1 container (5.3 oz.) low-fat vanilla Greek yogurt
- 1 cup unsweetened chocolate almond milk
- ½ cup ice cubes



Directions: Place all ingredients in a blender and mix until smooth. Add more water or almond milk for desired thickness. Serve with a sprinkle of cocoa powder on top.

Estimated Nutrition Facts (per serving)*:

Calories: 200; Total Fat: 14 g; Saturated Fat: 1.5 g; Cholesterol: 5 mg; Sodium: 110mg; Total Carbohydrate: 27 g; Dietary Fiber: 7.5 g; Sugar: 13 g; Protein: 9 g

Note: To this recipe we added 1-2 tbsp. Agave nectar (or whatever you prefer)

Recipe adapted from Avocados from Mexico

(https://avocadosfrommexico.com/recipe/beverages_shakes/chocolate-avocado-protein-smoothie/)



Strawberry-Banana Peanut Butter Smoothie

Makes 2 servings

Ingredients:

- 1/2 c plain Greek yogurt
- 1/2 c milk or plant based milk of choice
- 1 banana, sliced and frozen
- 1 c strawberries, frozen
- 1 c kale, fresh or frozen
- 2 tbsp peanut butter or nut/seed butter of choice (choose one with NO hydrogenated oils in the ingredients list)
- 1 tbsp chia seeds
- 1 tsp cinnamon

Directions: Place all ingredients in a blender and mix until smooth. If using fresh fruit instead of frozen, add 1/2 cup of ice cubes for thicker consistency.

Estimated Nutrition Facts (per serving)*:

Calories: 310; Total Fat: 12 g; Saturated Fat: 2.5 g; Cholesterol: 8 mg; Sodium: 150mg; Total Carbohydrate: 35 g; Dietary Fiber: 7 g; Sugar: 19 g; Protein: 16 g

*Nutritional information may vary based on ingredients and preparation



Recipes prepared by the Zallie's ShopRite Team of Registered Dietitians

