TRIPLE CHOCOLATE AVOCADO SHAKE

Prep time	Total time
5 mins	5 mins

Creamy avocado chocolate shake made with THREE kinds of chocolate and frozen banana and avocado. So simple, so good.

Author: Minimalist Baker
Recipe type: Dessert
Cuisine: Vegan, Gluten Free
Serves: 2

Ingredients

- 1 ripe avocado, sliced and frozen until hard
- 1/2 large banana, peeled, sliced and frozen until hard
- 1 Tbsp cacao *or* cocoa powder
- 2 Tbsp chocolate sauce or *vegan hot fudge*
- 1 cup chocolate almond milk (or other non-dairy chocolate milk)

Instructions

1. Place all ingredients in a blender and blend until smooth. Adjust flavor/sweetness as needed, adding a bit of agave or stevia for added sweetness, and chocolate sauce for more rich chocolate flavor.
2. Divide between two small glasses, or guzzle the whole thing by yourself.

Notes

* You can make your own chocolate almond milk with 1 cup almond milk + 1-2 Tbsp chocolate sauce. I just like the pre-mixed kind every once in a while because they tend to have the perfect milk:chocolate ratio.
*Top with *coconut whipped cream* and chocolate curls for an even more decadent treat.
*Add a spoonful of peanut butter to take this thing over the top. What? Who said that...

Nutrition Information

Serving size: 1 small shake   Calories: 302   Fat: 17 g   Saturated fat: 4 g   Carbohydrates: 35 g
Sugar: 21 g   Fiber: 8 g   Protein: 7 g

Recipe by Minimalist Baker at http://minimalistbaker.com/triple-chocolate-avocado-shake/