

# OAXACAN CHOCOLATE SMOOTHIE



**DIFFICULTY**

**EASY**



**TIME**

**5 MIN**



**SERVES**

**1**

## INGREDIENTS

½ Frozen Banana  
½ cup Frozen Blueberries  
½ cup Frozen Broccoli Pieces  
½ tbsp. Unsweetened Cocoa Powder  
(depending on how chochalet-y you like this)  
½ wedge of a Small Avocado  
¾ cup Milk, Unsweetened Non Dairy Milk or  
Water  
1 scoop of Protein Powder  
2 tbsp. Maple Syrup  
¼ tsp. Cayenne Pepper  
1 tsp. Cinnamon  
A pinch of Sea Salt

## DIRECTIONS

1. Blend until smooth. If possible use a high speed blender.

## NUTRITION FACTS PER SERVING

Calories: 260   Fat: 5.4g (Saturated Fat: 1g)   Carbohydrates: 61.6g   Fiber: 10.2g   Sugar: 39.2g   Protein: 15.1g



CALIFORNIA SCHOOLS  
**VEBA**

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