

Chocolate Protein Shake

1) Blend all the ingredients in a blender until smooth. Can be kept in the fridge for a day or two.

Seriously, can this even be called a recipe? This is a great post workout meal or if you are in a pinch and need a satisfying meal. Healthy fat, protein and a little veg all packed into one shake. Want to add a little extra: add a tbsp of almond butter instead of the avocado or add some coconut extract or add both and make a chocolate almond joy shake. If you did any baking for the holidays you may have some peppermint extract leftover. Add a little of the peppermint extract to the shake. Enjoy.

xoxo

Kristin