

Indulgent chocolate mint smoothie

300ml vegan milk of your choice
(e.g. almond, cashew, rice or oat milk)

50g ripe avocado

5g cocoa powder

5 fresh mint leaves or use ½ tsp
peppermint extract

25g chocolate flavour plant-based
protein powder (optional)

50g frozen banana (or use fresh
plus 3 ice cubes)

1 tsp chia seeds

Place all of the ingredients in a blender
and blend until creamy.

Consume immediately

SERVES 1



PER SERVING:

367 Calories

27g Carbs

22g Protein

19g Fat