



COOK TIME: 5 MIN

PREP TIME: 2 MIN



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## Ingredients

- 1 tablespoon dark cocoa powder
- ½ avocado (can do fresh or frozen avocado halves when ripe)
- 1 cup milk of choice
- 1 teaspoon honey
- 1 cup ice

# Chocolate Avocado Popsicle Smoothie

## Directions

1. Place all ingredients into a blender and blend until smooth. If smoothies are too thick to blend, add more liquid until desired texture is reached.

This smoothie drinks like an indulgent treat because it's made with antioxidant-rich cocoa and tastes like fudge.<sup>8</sup>

**Yield:** 1 large serving or 2 small servings

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

## References

1. Rutkove SB, et al. *Muscle Nerve*. 1998;21:1414-1418.
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7. Gupta SC, et al. *Clin Exp Pharmacol Physiol*. 2012;39(3):283-299.
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