



## **Creamy Chocado**

### **Ingredients:**

Avocado 1 medium (pit removed)  
Chocolate protein powder 1-1/2 scoops  
Bananas, frozen 2 large  
2% Greek yogurt 1/2 cup  
2% milk 1 cup  
Water 1/2 cup

### **Directions:**

1. Add liquids to the blender.
2. Add remaining ingredients and blend on high for 30-60 seconds.

### **Nutrition Facts:**

Serving size: 1 smoothie  
Recipe yields 1 serving  
Calories 970  
Fats 33 g  
Carbs 115 g  
Protein 58 g