

GLOWING GODDESS SMOOTHIE

PREP TIME: 5 MINS | SERVINGS: 1

INGREDIENTS

- 1/2 avocado, peeled
- 2 pitted dates
- 2 tbsp dark cocoa powder
- 1/2 tsp vanilla extract
- 3 tbsp unsalted walnuts, soaked overnight
- 1 1/2 cup unsweetened plant-based milk of choice
- 1 scoop [OOMPH LUSH](#)
- 1-2 tbsp hemp seeds/ or 1 scoop protein powder (optional)
- Ice cubes (optional)

DIRECTIONS

1. In a blender, add all the ingredients and blend for 1-2 minutes until smooth. Add more milk/water to achieve the desired consistency.
2. Pour into a serving glass. Serve immediately. Enjoy!

PER SERVING

453 KCAL | PROTEIN: 11 G | CARBS: 52 G | FATS: 27 G | FIBER: 13 G