



CHOCOLATE COVERED BERRIES SMOOTHIE

Ingredients

- 1 cup almond milk
- ½ cup frozen berries
- 1 tablespoon ground linseed
- 1 tablespoon chia seeds
- 1 tablespoon raw cacao powder (or cocoa)
- 1 scoop of vanilla pea protein or your favourite sweet protein powder.
- ¼ of an avocado

Instructions

Blend all of the ingredients in a high-speed blender and enjoy!

Recipe by Michelle Yandle