

# VEGAN SALTED FUDGE SMOOTHIE

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MRO's Summer Intern Class of 2022



A DELICIOUS, chocolately smoothie with neuroprotective, functional mushrooms.

## INGREDIENTS



1 Tbsp  
MaryRuth's Functional  
Mushrooms Liposomal



1/2  
Avocado



1 Cup  
Oat Milk



1 1/2-2 Tbsp  
Cocoa Powder



1 Pinch  
Salt



4-8  
Ice Cubes  
(to desired creaminess)



1 Tbsp  
Monkfruit  
(+ more to taste)



1/2 Tsp  
Vanilla Extract  
(optional)

## INSTRUCTIONS

1. Add avocado, oat milk, cocoa powder, vanilla extract, monk fruit, and salt to a blender and blend.
2. Add 4 ice cubes and blend until smooth.
3. Add more ice and monk fruit to desired consistency/sweetness.
4. Measure out 1 serving (1 tbsp) of Functional Mushrooms Liposomal.
5. As you pour the smoothie into a glass, drizzle the liposomal between layers of the smoothie.
6. Enjoy!