

# Morning Mojo Shake Recipe

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<https://brickhousenutrition.com/blogs/recipes/morning-mojo-shake-recipe>

## Morning Mojo Shake

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**Recipe submitted by: Anna Lakomcik,  
first place winner of our Field of Greens recipe contest!**

Prep Time: 10 mins   Servings: 2

### What You'll Need:

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Avocado	1 medium
Banana	1
Strawberries	1/2 Cup
Mandarin Oranges (peeled)	3 small
Date (pitted)	1
Field of Greens	2 Scoops
Coconut Milk (suggested: Soy Delicious, unsweetened)	2 Cup
Ice Cubes	Small Handful

### Follow These Simple Steps:

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1. Prep and peel avocado, banana, and oranges
2. Place all the ingredients into a blender
3. Blend until smooth
4. Enjoy!

## NOTES:

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*Avocados in a shake? Yes! Avocados provide a rich creaminess without the need for dairy.*

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## NUTRITIONAL FACTS (per serving)

*Recipe Serves: 2*

*Calories Per Serving: 328*

Protein	4.5g
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Fat	17.5g
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Carbohydrates	46.5g
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Sodium	18mg
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LET'S SEE YOUR RESULTS! Tag @brickhousenutrition on Instagram!