

Chocolate Stress-Relieving Smoothie

This delicious Chocolate Stress Relieving Smoothie is made with superfoods that may naturally help reduce stress and anxiety.

Take a little time for yourself and indulge in this creamy creation.

Total Time: 5 minutes

Servings: 1

INGREDIENTS

Smoothie

- ¾ cup Almond Milk, unsweetened
- 1 cup Blueberries
- 1 cup Spinach
- ¼ Avocado
- 2 tbsp Cocoa
- 1 scoop Ionic-Fizz™ Magnesium Plus™
- 1 tbsp Chia Seeds

Toppings (optional)

- Non-fat Vanilla Greek Yogurt
- Blueberries
- Unsweetened shredded coconut
- Chia seeds

INSTRUCTIONS

1. In a blender add almond milk, blueberries, spinach, avocado, cocoa, chia seeds, and Ionic-Fizz™ Magnesium Plus™.
2. Blend on high until creamy and smooth, scraping down sides as needed.
3. Serve as is or layer with Greek yogurt and top with desired toppings.

Note: For a little extra sweetness, add in raw honey or pure maple syrup (to taste).

