



## Berry Avocado Smoothie

1 serving

5 minutes

### Ingredients

1 cup Plain Coconut Milk  
(unsweetened, from the box)  
1/2 Zucchini (chopped, frozen)  
1/4 cup Frozen Cauliflower  
1/2 cup Frozen Berries  
1/4 Avocado  
1 tbsp Chia Seeds  
1/4 cup Vanilla Protein Powder

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Chia Seeds:** Use flax seeds instead.

**No Avocado:** Use almond butter or sunflower seed butter instead.

**Additional Toppings:** Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.