

Chocolate and Avocado Smoothie

This smoothie is a delicious and nourishing way to curb cravings and fill your tummy. Smoothies are a great option for breakfast on the go, or pour into a refillable squeeze pack or drink bottle to pick kids up from an energy slump. Brimming with fibre for digestive health and sustained energy, healthy fats for glowing skin and supple cells, protein to support ongoing cell regeneration and to fuel kids growing bodies, this sweet treat is one out of the box. Add in some extra beneficial ingredients such as frozen berries and acai for a hit of antioxidants, some beetroot powder for a nutritious red velvet variation, or your favourite protein powder for longer-lasting energy. If you are looking to avoid the caffeine, swap for carob powder (try omitting the sweetener as carob is naturally sweeter than cacao), or add in half a frozen banana and a handful of frozen berries for a fruity twist and some added colour.



Allergens:

Lactose Free | Gluten free | Vegetarian | Nut Free Options | Vegan Options | Low FODMAP Options | Egg Free | Dairy Free | Grain Free | Wheat Free | Soy Free | Seafood Free | Low Oxalate Options

Recipe:

Family friendly | Freezable | Beverage | Sweet Treat | Breakfast on the Go

Preparations time: 10mins

Serves: 1-2

Ingredients

¼ avocado
 2 tbsp cacao
 1 tbsp chia seeds
 1 tbsp raw nut or seed butter, such as tahini
 1 tsp coconut oil
 1 tsp cinnamon
 1 tsp rice malt syrup, honey or maple syrup, if desired
 1 cup rice or almond milk (or milk of choice)

Optional: 1 tbsp maca powder, acai powder, cacao nibs, protein powder, spirulina, beetroot powder, etc.

Instructions

1. Place all the ingredients into a blender and process for 30 seconds or until well combined.



Variations & Substitutions

Pre-freeze in a drink bottle to keep the rest of the lunchbox cold on hot days and be ready to drink for a light lunch, or add to a squeeze pouch for a morning snack.

Pre-prepare these smoothies by combining several serves of the avocado, nut / seed butter, coconut oil and sweetener in a freezer bag and freeze until needed, and combine the equivalent number of serves of the cacao, chia, and cinnamon in a jar. Mix a portion of the frozen mix with a portion of the dry mix and add milk to blend.

Add $\frac{1}{2}$ cup frozen raspberries for a different flavour, some extra fibre and antioxidants, or $\frac{1}{2}$ frozen banana.

For a salicylate friendly option, use carob powder instead of cacao, use coconut milk rather than nut milks, use frozen banana instead of the avocado, omit the cinnamon and vanilla, sweeten with maple syrup.

For a low FODMAP treat, avoid the avocado, use coconut milk instead of nut milks and sweeten with rice malt syrup.