



Chocolate and Avocado Super Shake

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



264 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 large avocado ripe
- ☐ 1 banana banana
- ☐ 2 tbsp cocoa powder
- ☐ 2 tsp flax seeds (linseeds)
- ☐ 1 tsp jam
- ☐ 2 tsp nutella canned (you can add extra cocoa instead of nutella)
- ☐ 2 tsp runny honey (or agave nectar)
- ☐ 2 tbsp sprinkles

☐ 600 ml milk whole (or soya mik)

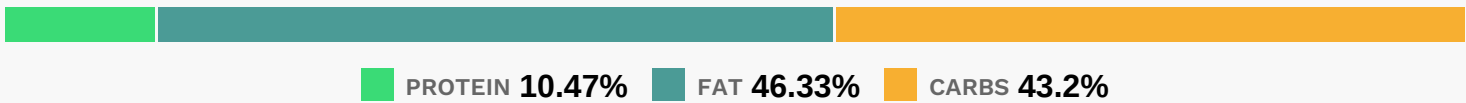
Equipment

☐ bowl

Directions

- ☐ Whizz up the milk, avocado, banana, cocoa powder, nutella, honey, flax seeds and a handful of ice cubes until smooth.
- ☐ To decorate the glasses or milk bottles, rub or brush jam around the rim of each glass.
- ☐ Pour your sprinkles into a little bowl and dip each jammed glass rim in the sprinkles until coated.
- ☐ Pour the smoothie into each glass and serve.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:66.03, Glycemic Load:7.85, Inflammation Score:-5, Nutrition Score:12.699999975122%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg Epicatechin: 5.5mg, Epicatechin: 5.5mg, Epicatechin: 5.5mg, Epicatechin: 5.5mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 263.83kcal (13.19%), Fat: 14.46g (22.24%), Saturated Fat: 5.2g (32.52%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 24.63g (8.96%), Sugar: 20.54g (22.82%), Cholesterol: 18.56mg (6.19%), Sodium: 65.34mg (2.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.39mg (2.13%), Protein: 7.35g (14.7%), Fiber: 5.7g (22.81%), Phosphorus: 222.48mg (22.25%), Calcium: 208.15mg (20.82%), Vitamin B2: 0.32mg (18.86%), Potassium: 646.27mg (18.46%), Vitamin B6: 0.35mg (17.63%), Manganese: 0.32mg (16.03%), Magnesium: 62.16mg (15.54%), Vitamin B12: 0.84µg (14.04%), Vitamin B5: 1.4mg (14.04%), Copper: 0.25mg (12.72%), Folate: 50.35µg (12.59%), Vitamin K: 12.12µg (11.54%), Vitamin D: 1.7µg (11.34%), Vitamin B1: 0.16mg (10.85%), Vitamin C: 8.34mg (10.11%),

Vitamin E: 1.31mg (8.76%), Zinc: 1.28mg (8.51%), Vitamin B3: 1.37mg (6.87%), Vitamin A: 342.93IU (6.86%), Selenium: 4.39µg (6.27%), Iron: 0.94mg (5.2%)