

Chocolate Flax Shake



SHOPPING LIST

- ☐ 8 oz flax milk
- ☐ 1/2 cup crushed ice
- ☐ 1 ripe banana (w/ brown spots)
- ☐ 1 tbsp. honey (or raw honey)
- ☐ 1/2 avocado
- ☐ 2 tbsp. unsweetened cocoa powder
- ☐ 2 tbsp. almond butter
- ☐ 1 tsp. ground golden flax seeds

INSTRUCTIONS

- ☐ Blend until smooth.