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Chocolate Fudge Smoothie

Avocado gives this drink its fudgy consistency and plenty of extra nutritional firepower. The duo of protein powder and egg whites delivers a boatload of protein. This smoothie tastes so sinful you could mistake it for dessert.

Prep Time: 10 min. Cook Time: 0

Ingredients

1 cup milk
1/2 small avocado
1 scoop chocolate protein powder
1/3 cup liquid egg whites
1 tbsp cocoa powder
1/4 tsp cinnamon
1 small frozen banana, chopped into small pieces

Directions

1. Place all of the ingredients in a blender container and blend until smooth. If the mixture is too thick, blend in additional milk.