

PEANUT BUTTER AVOCADO SMOOTHIE

INGREDIENTS

6 dates, pitted and chopped
6 tablespoons boiling water
1 ¼ cups frozen chopped avocado
4 tablespoons peanut butter
2 cups milk (3.25% MF)
2 tablespoons dark cocoa powder

PREPARATION

1. Pour the boiling water on the dates, let sit for 10 minutes.
2. Put the dates and water into a food processor or blender. Blend into a smooth paste. Let cool.
3. Add the rest of the ingredients and blend until smooth.

Recipe from www.summeryule.com

apainintheneck.org

The information on this website is not intended as medical advice nor should it replace advice, expertise, and information given by a member of your healthcare team.