**Bliss Chocovado Smoothie**

Ingredients:  
1 avocado  
1/2 or 1 banana (preferably frozen)  
1/2 cup almond or rice milk  
1 tbs raw cacao powder

Directions:  
1. Blend well in blender.  
2. Add ice for a thicker texture.  
3. Serve immediately.

**Why do I love this smoothie so much?** Because it tastes like a chocolate milk shake yet is dairy-free, sugar-free, and chemical-free. It has loads of antioxidants, magnesium and healthy fat – all things your body needs to balance mood and satisfy cravings.