

CHOCOLATE AVOCADO SHAKE

This rich, healthy chocolate shake recipe is dairy-free and gets its creaminess from avocado instead of ice cream. If you aren't avoiding dairy, you can use regular low-fat milk and any type of semisweet or bittersweet chocolate chips in place of the nondairy chocolate chips.

Ingredients

- 1 ripe avocado, halved and pitted
- 1½ cups vanilla almond milk or other nondairy vanilla milk
- 3 tablespoons unsweetened cocoa powder
- 3 tablespoons brown sugar or maple syrup, or to taste
- 2 tablespoons nondairy semisweet chocolate chips, melted
- 1 tablespoon vanilla extract, or to taste
- 12 ice cubes

Directions

1. Melt chocolate by microwaving in a bowl on Medium (50%) for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted.
2. Scoop avocado into a blender; add milk, cocoa, brown sugar (or maple syrup), melted chocolate and vanilla. Pulse and puree until smooth.
3. Add ice and puree until thick and frosty.

Makes 2 servings. Per serving: 381 calories; 23 g fat (6 g sat, 10 g mono); 0 mg cholesterol; 45 g carbohydrates; 27 g added sugars; 5 g protein; 11 g fiber; 154 mg sodium; 491 mg potassium. From EatingWell

WAC Fun Food Fact

Avocado adds creaminess to a shake without all the saturated fat of ice cream. Try it as a spread on toast instead of butter too!

