



Cha Cha Choco Smoothie Dessert

Boost Immunity sharing a yummy pick-up smoothie in a bowl

1/2 cup almond milk
1 peeled frozen banana, cut into chunks
1 avocado, peeled, seeded, chopped
2 Tablespoons dark or original cocoa powder
4 Tablespoons peanut butter
1/4 cup vanilla yogurt
1/2 teaspoon ground cinnamon
1/4 teaspoon vanilla
1 Tablespoon hulled sunflower seeds
2 dates, pits removed; chopped or (optional) 2 Tablespoons honey as desired
Toppings: cocoa nibs, sunflower seeds, shelled peanut halves, flaked coconut

Place first 10 ingredients in blender; puree until creamy and smooth consistency. Sweeten to taste.

Divide the mixture into 2 (1 cup) dessert dishes or 4 smaller bowls. It will be thick like pudding. If a thinner consistency is desired, add more milk to the mixture.

Garnish the top with cocoa nibs, sunflower seeds, peanuts, and flaked coconut.
Serves: 2 large or 4 smaller desserts

About the Recipe: Imagine a banana teaming with an avocado to create a creamy peanut butter chocolate smoothie dessert, spiced with a touch of cinnamon and vanilla and sweetened with a few dates. Have fun sprinkling the top with cocoa nibs, sunflower seeds, peanut halves, and flaked coconut. Serve it in dessert dishes or bowls.