

Protein Smoothie

By Leslee



Ingredients

- 2 cups milk
- $\frac{3}{4}$ cup greek yogurt
- $\frac{1}{2}$ avocado
- 1 cup frozen berries
- 3 tbsp sweetener of choice
- 2 tbsp unsweetened cocoa powder

Instructions

- Add all ingredients to your blender and thoroughly combine.
- Taste and adjust sweetener as needed.

