



Fatkin Natural Healing

Designed Clinical Nutrition — Chiropractic

Chocolate Banana Smoothie

Delicious AND healthy!



Ingredients:

Raw Milk

Frozen Banana

1/3 Avocado

2 Scoops Unsweetened Cocoa Powder

Raw Honey (if you need a little extra sweetness)

***Try adding: chia seeds, almond butter, raw egg yolk (from organic eggs), flax seeds

Directions:

1. *Blend until smooth. Enjoy!*