

# Healthy PB Choc Smoothie Recipe







## The ingredients:

- 8oz al milk
- Large handful spinach
- Blend
- 1 Scoop protein powder
- 1 TB Cocoa powder
- 2 Stevia packets
- 1/2 Avocado
- 2 TB peanut butter
- 1/4 Cup blueberries- optional
- Blend
- 1/4 Banana
- 3/4 Cup crushed Ice
- Blend

## Directions:

There are 4 main things you want in a smoothie.

1. Texture
2. Temperature
3. Thickness
4. Taste

In order to get all these right you must make the smoothie in the order of the ingredients listed above. Blending after you put the spinach in insures there are no big pieces of spinach that you can taste. No-one wants to drink bits of leaves.

Blending after all the dry ingredients are in ensures the smoothie is not chalky and that no chunks of powder get stuck in the blender.

On your final blend, I like to make sure that the smoothie seems a little "too thick" and then I blend it extra to get it to the right thickness. I would rather it be too thick and have to blend it down to the right consistency, than it be watery. This insures you get a thick and velvety consistency. Just make sure you don't put in too much ice or else it will get watery and icy.

Watch a directional video at:

<https://www.glorytogloryfitness.com/healthy-smoothie-recipe>