

## Chocolate Avocado Milkshake

Avocado in a milkshake might sound unusual, but in Vietnam it's a traditional treat that you can order in local restaurants. Enjoy a creamy, rich shake while getting a serving of vegetables to boot!

*Serves 2*

### Ingredients

½ ripe Hass avocado  
2 tablespoons brown sugar  
2 tablespoons cocoa powder  
1 teaspoon vanilla extract  
1 ½ cup skim milk

### Directions

Place all ingredients in a blender or food processor. Blend on high until smooth and serve over ice.

### Make It A Meal

Serve with Turkey Burgers or Sweet Potato Fries.

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As a private chef and recipe developer, Jennifer Iserloh - also known as Skinny Chef - has created hundreds of nutrition-packed dishes for families including top celebrities and well known health focused publications. Her food philosophy is absolutely simple: Cook nourishing meals, find an exercise routine that works and go ahead, enjoy the things you love. Find out more at [SkinnyChef.com](http://SkinnyChef.com)!