

# Mark's Kitchen

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## Chocolate-Blueberry Smoothie

**Serves:** 1

**Ready in:** 5 minutes

The first recipe, Chocolate-Blueberry Smoothie, is a delicious, guilt-free treat that is perfect for breakfast, dessert or a snack. It's easy enough to whip up with basic ingredients from your kitchen, and you can always add different berries, protein powder or even greens.

### Ingredients:

- 2 Tablespoons Cashew
- 12 ounces cold water
- 1/2 cup frozen blueberries
- 1/4 avocado
- 2 Tablespoons cocoa powder
- 1/2 Teaspoon vanilla extract or powder
- Optional: bee pollen to garnish

**Step 1:** Place all of the ingredients into a blender and blend on high for 45-60 seconds.

**Step 2:** Pour, serve and enjoy! Be sure to take a photo of your chocolate-berry creation and tag us on Instagram: #markskitchen

**Nutritional Analysis per serving:** Calories 250 • Total Fat 17.2 g • Fiber 7.7 g • Protein 6.4 g • Sugar 8 g • Sodium 55 mg