

# Chocolate Avocado Milkshake

Yield: 3 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-avocado-milkshake-recipe>

## Ingredients:

- 2 cups whole milk
- 2 ounces bittersweet chocolate finely chopped
- 3 tablespoons water
- 4 teaspoons cocoa powder
- 1 avocado ripe
- 4 tablespoons granulated sugar
- 1 teaspoon pure vanilla extract

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 15 milligrams
4. Fat: 21 grams
5. Fiber: 7 grams
6. Protein: 7 grams
7. SaturatedFat: 8 grams
8. Sodium: 80 milligrams
9. Sugar: 36 grams

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