



Avocado and Cacao Shake

Ingredients

- 2-3 Cups of unsweetened Almond milk
- 1 serving of ESC Whey Protein
- 1/2 Avocado
- 2 Tablespoons of Cacao powder
- A hint of Cinnamon
- Sweetener of your choice

Directions

1. Add Almond milk, ESC Whey Protein, Avocado, Cacao Powder, cinnamon, and sweetener in blender
2. Blend until your desired consistency is achieved.

Nutritional Facts	
Servings Per Batch	1
Serving Size	1 Shake
Amount per Serving	
Calories	340
Carbs	15g
Fat	20g
Protein	35g

*Nutritional Facts will vary depending on ingredients