

Avocado Cacao Protein

Smoothie

A creamy post-workout smoothie inspired by Brazilian nutrition. It's rich in antioxidants, good fats, fiber, and plant-based protein — perfect for muscle recovery without artificial powders.

Ingredients

- 1/2 ripe avocado
- 1 tablespoon 100% unsweetened cacao powder
- 1 frozen banana (preferably prata or dwarf banana)
- 2 Brazil nuts

- 1 scoop plant-based protein powder
or 3 tablespoons oats + 1 tablespoon sunflower seeds (for natural protein)
 - 3/4 cup coconut water (or any plant-based milk)
 - 1 tablespoon blackstrap molasses or raw honey (optional)
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Instructions

1. Add all ingredients to a blender.
2. Blend until completely smooth and creamy.
3. Serve immediately while fresh and chilled.



Benefits

- Avocado: healthy fats for satiety and joint health
- Cacao: rich in magnesium and mood-lifting antioxidants
- Brazil nuts: one of the best sources of selenium for thyroid and immune function
- Banana: restores glycogen and provides potassium for muscle recovery

- Oats + seeds (or protein powder): essential amino acids for post-workout repair
- Coconut water: natural electrolytes for rehydration