

The Secretly Healthy Chocolate Avocado Banana Smoothie (Ultra-Creamy & Quick)

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TIME
10-15 min

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ChefManiac

INGREDIENTS

Swaps and Notes:

For a Protein Boost: Add a scoop of your favorite chocolate or vanilla protein powder. You may need to add a splash more milk to compensate for the thickness.

Sweetener Alternatives: If you want to keep it refined-sugar-free, a couple of pitted dates will add sweetness and fiber.

Adding Greens: This is the best chocolate smoothie for sneaking in greens. A small handful of spinach (about 1/2 cup) is completely undetectable in both taste and color.

Nut Butter: A tablespoon of peanut or almond butter will add depth, extra protein, and richness.

Instructions: The Five-Minute Blend:

Prep the Blender: Add the milk of your choice to the blender jug first. This helps the blades catch the solids and prevents ingredients from sticking to the bottom.

Add Solids: Toss in the frozen banana slices, ... to 1/2 of the avocado, cocoa powder, and cinnamon. If using, add 1 teaspoon of maple syrup or honey.

Blend: Start blending on low, then quickly move to medium-high speed. Blend for 60 to 90 seconds, scraping down the sides with a spatula if needed, until the smoothie is completely smooth and no chunks of avocado or banana remain.

Taste and Adjust: Give it a taste. Is it sweet enough? Add more maple syrup or honey. Is it too

thick? Add a splash more milk.

Serve: Pour immediately into a glass and enjoy!

Tips for Success:

The Power of Frozen Bananas: This is non-negotiable for a thick, cold, shake-like smoothie. Buy bananas in bulk, wait until they are nicely spotted (for maximum sweetness), peel them, break them into a few chunks, and store them in a zip-top bag in the freezer.

Start Small with Avocado: If you're nervous about the flavor, start with just ... of a medium avocado. It adds creaminess with virtually no discernible taste. As you get comfortable, move up to % for maximum richness.

Invest in a Good Blender: For tough, frozen ingredients, a high-powered blender will prevent a chunky or lukewarm result. If your blender struggles, let the frozen items sit for a minute or two before blending.

Serving Suggestions and Pairings:

Savory Balance: Pair it with a slice of whole wheat toast topped with a sprinkle of sea salt.

Baked Goods: A great pairing for a quick weekend brunch is a slice of my Chocolate Chip Banana Bread-a perfect way to use up those extra ripe bananas!

Something to Dip: Serve alongside some fresh berries or a simple Greek yogurt parfait to scoop up the smoothie.

For Dessert: Serve it next to a small bowl of my Brownie Batter Dip for an epic chocolate experience.

Nutritional Information (Per Serving, Estimated):

Storage and Leftover Tips:

Immediate Enjoyment: Drink the entire batch within 10-15 minutes of blending.

If you must store it: Pour any leftovers into an airtight jar (fill it to the very top to reduce oxidation) and store it in the refrigerator for up to 24 hours. Be prepared to shake or re-blend it before consuming, as it will likely separate.

Smoothie Pops: A smart way to save leftovers is to pour the remaining smoothie into popsicle molds. It makes a fantastic, healthy, chocolate-banana-avocado ice pop!

More Recipes You Will Love:

This Blueberry Lemonade is My Favorite Refreshing Drink for Sunny Days

These Chocolate Chip Cookie Dough Brownie Bombs are My Favorite Sweet Obsession

Final Thoughts:

DIRECTIONS

1. This recipe couldn't be simpler-just toss, blend, and enjoy.
2. Prep the : Blender: Add the milk of your choice to the blender jug first. This helps the blades catch the solids and prevents ingredients from sticking to the bottom.
3. Add : Solids: Toss in the frozen banana slices, ... to % of the avocado, cocoa powder, and cinnamon. If using, add 1 teaspoon of maple syrup or honey.
4. Blend: Start blending on low, then quickly move to medium-high speed. Blend for 60 to 90 seconds, scraping down the sides with a spatula if needed, until the smoothie is completely smooth and no chunks of avocado or banana remain.
5. Taste and : Adjust: Give it a taste. Is it sweet enough? Add more maple syrup or honey. Is it too thick? Add a splash more milk.
6. Serve: Pour immediately into a glass and enjoy!
7. Tips for Success: **The Power of Frozen Bananas:** This is non-negotiable for a thick, cold, shake-like smoothie. Buy bananas in bulk, wait until they are nicely spotted (for maximum sweetness), peel them, break them into a few chunks, and store them in a zip-top bag in the freezer.
8. Start : **Small with Avocado:** If you're nervous about the flavor, start with just ... of a medium avocado. It adds creaminess with virtually no discernible taste. As you get comfortable, move up to % for maximum richness.
9. Invest in a : **Good Blender:** For tough, frozen ingredients, a high-powered blender will prevent a

chunky or lukewarm result. If your blender struggles, let the frozen items sit for a minute or two before blending.

10. **Serving Suggestions and Pairings:** This smoothie is a meal in itself, but it pairs wonderfully with light savory items or energy-focused sides.
11. **Savory : Balance:** Pair it with a slice of whole wheat toast topped with a sprinkle of sea salt.
12. **Baked : Goods:** A great pairing for a quick weekend brunch is a slice of my Chocolate Chip Banana Bread-a perfect way to use up those extra ripe bananas!
13. **Something to : Dip:** Serve alongside some fresh berries or a simple Greek yogurt parfait to scoop up the smoothie.
14. **For : Dessert:** Serve it next to a small bowl of my Brownie Batter Dip for an epic chocolate experience.
15. **Nutritional Information (Per Serving, Estimated):**
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16. **Note:** Nutritional information is an estimate based on using almond milk and ... medium avocado and no added sugar (relying on banana sweetness).
17. **Storage and Leftover Tips:** Smoothies are best enjoyed immediately. As they sit, they tend to separate, and the texture breaks down.
18. **Immediate : Enjoyment:** Drink the entire batch within 10-15 minutes of blending.
19. **If you must store it:** Pour any leftovers into an airtight jar (fill it to the very top to reduce oxidation) and store it in the refrigerator for up to 24 hours. Be prepared to shake or re-blend it before consuming, as it will likely separate.
20. **Smoothie : Pops:** A smart way to save leftovers is to pour the remaining smoothie into popsicle molds. It makes a fantastic, healthy, chocolate-banana-avocado ice pop!
21. **More Recipes You Will Love:** If you're hooked on this quick, creamy chocolate fix, you'll definitely want to try these other Chef Maniac favorites:
22. **This : Blueberry Lemonade is My Favorite Refreshing Drink for Sunny Days**
23. **These : Chocolate Chip Cookie Dough Brownie Bombs are My Favorite Sweet Obsession**
24. **Final Thoughts:** This chocolate avocado banana smoothie proves that healthy eating doesn't have to feel restrictive-it can, and should, feel like a delicious indulgence. It's my go-to recipe for getting greens, fiber, and healthy fats into my day without compromising on flavor. The texture is seriously next level.
25. **Give it a blend and let me know in the comments below what you think. Did you use the whole % avocado? What's your favorite protein powder to add?**

SWAPS & NOTES

Avocado ... to % medium The key to the creaminess.

Milk 121 cups Any milk works: almond, oat, cow, or soy.

Start with ... and add more for a thicker blend.

Bananas 2 large, very ripe Must be frozen for the best texture and chill factor.

TIPS FOR SUCCESS

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Start Small with Avocado: If you're nervous about the flavor, start with just ... of a medium avocado.

It adds creaminess with virtually no discernible taste.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-secretly-healthy-chocolate-avocado-banana-smoothie-ultra-creamy-quick/>