

Chocolate 'Frosty' Smoothie

9 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Bring to Work 'In a Cold Thermos'

Place a thermos in the freezer overnight and make the smoothie in the morning. Then, pour the smoothie into the chilled thermos. Place in a lunch bag with freezer packs and enjoy later on at work for a great snack!

More Protein

Add a scoop of your favourite protein powder.

No Coconut Milk

Any plant based milk will work, to keep it nut-free try oat milk. If you do not need this recipe to be nut-free almond milk is great!

Add Veggies

Add frozen zucchini to keep it creamy, lightly steamed and frozen cauliflower, or spinach in a pinch (add to taste).

Ingredients

- 1 cup** Unsweetened Coconut Milk
- 2 tbsps** Cacao Powder
- 2** Frozen Bananas (chopped)
- 2 tbsps** Hemp Seeds
- 2 tbsps** Cashews (optional, pre-soak to avoid chunks or sub for hazlenuts)
- 1 1/2 tbsps** Raw Honey (can add more or less to taste)
- 1/2 tsp** Cinnamon
- 2 tpsps** Vanilla Extract
- 2** Ice Cubes (add more or less to adjust to your taste and texture preference)