

Healthy Raw Chocolate Smoothie



You'll need

Smoothie

- 1/2 small frozen banana, peeled and chopped
- 1/4 avocado
- 3/4 cup water
- 3/4 cup almond or coconut milk
- 2 tablespoons Healthy Chef Protein
- 1 tablespoon Naked Mylk Chocolate or raw cacao
- pinch of sea salt
- 1 tablespoon raw honey or maple syrup or a little stevia to taste
- 1 tablespoon coconut butter or cold pressed coconut oil to blend (optional)
- Handful of ice to blend
- Cacao nibs and raw melted chocolate for garnish (optional)

Raw Chocolate Drizzle (recipe from Healthy Baking)

- 1/4 cup melted cacao butter
- 1/4 cup cashew butter or tahini
- 1/4 cup raw cacao or Naked Chocolat
- 1 tablespoon organic maple syrup

Method

Combine frozen banana, avocado, almond milk, water, Naked Chocolat, salt, maple, coconut oil, Healthy Chef Protein and ice into a good high-speed blender like a Vitamix.

Blend all the ingredients until creamy.

Pour into a large glass and enjoy for breakfast or lunch.

To Make The Raw Chocolate Drizzle: Combine ingredients until smooth then decorate.

Notes

The addition of Healthy Chef Chocolate Protein can assist with weightloss to help regulate the appetite - it makes this smoothie a complete meal replacement. For weight loss it is recommended you get between 80 – 120 g of protein per day to aid satiety and repair. It can also assist with sports performance and recovery as well as nourish your immune system.