

Chocolate Almond Butter Smoothie

DFV

While this might appear to be an interesting set of ingredients to blend together, it works just beautifully! Feel free to add a scoop or two of your favourite protein powder to this recipe if you wish.

Serves	2	Per serve	
Prep time	2 minutes	Carbs	19.4 g
Difficulty	●●●	Protein	6.6 g
		Fat	16.7 g
		Energy	251 Cal

INGREDIENTS

2–3 cups almond milk
1 small banana, frozen
2 tbsp almond butter (shop-bought)
2 tbsp cacao or unsweetened cocoa powder
pinch of salt
1 tsp orange zest (optional)

METHOD

Add all the ingredients to a blender and blend until smooth. Drink right away while it’s nice and thick.

Tip: If you don’t have bananas sitting ready in your freezer, use a fresh one together with a small handful of ice.

