



Hot Chocolate Smoothie

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Frozen Cauliflower
1/2 Banana
1/4 cup Chocolate Protein Powder
2 tbsps Cocoa Powder
1 tbsp Chia Seeds
1/8 tsp Sea Salt (optional, for topping)

Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.

More Flavor: Add ground cinnamon.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.