

Strawberry Cacao Smoothie

Serves 1

Ingredients:

- 1 cup non-dairy milk
- 2.5 tbsp cacao powder
- 1.5 - 2 tbsp cashew butter (or any mild-tasting nut butter)
- 1 tbsp chia seeds or ground flax seeds
- 1/2 cup frozen strawberries
- 1/3 cup zucchini (previously steamed and frozen)
- handful of kale or spinach
- 2 tbsp cacao nibs

Directions:

1. Add all ingredients in the order listed, except for cacao nibs, to a high powered blender
2. Blend until smooth
3. Add cacao nibs and blend for another 10 seconds if you want some crunch in your smoothie!

Notes:

- Add ice for a thicker smoothie
- If your strawberries aren't quite sweet enough for your liking, you can also add half a frozen banana, one medjool date, or a splash of maple syrup