

Juice Plus+ Dutch Chocolate® Complete Recipes

Dutch Chocolate Smoothie

Blend together:

- 1 c. almond, rice or cashew milk
- 1 scoop/packet Chocolate Complete
- 3-5 ice cubes

Variations: add a frozen banana, handful of cherries, frozen strawberries, or a handful of raspberries for a tasty chocolate-covered fruit smoothie!

Chocolate Almond Smoothie

Blend together:

- 1 c. almond or cashew milk
- 1 frozen banana
- 8-10 raw almonds
- 1 scoop/packet Chocolate Complete
- 3-5 ice cubes

Smoothie Plus+

Blend together:

- 1 c. soy or coconut milk
- 1 frozen banana
- 1/2 c. frozen mixed berries
- 2 Tbsp. flaxseed
- 2-3 kale leaves
- 1 scoop/packet Chocolate Complete
- 3-5 ice cubes

Chocolate Peanut Butter Cup Smoothie

Blend together:

- 1 c. almond or cashew milk
- 1 frozen banana
- 2-3 Tbsp. natural peanut butter
- 1 scoop/packet Chocolate Complete
- 3-5 ice cubes

Non-Dairy Chocolate Ice Cream

Blend together:

- 1/2 c. pecans
- 1/2 avocado
- 1 frozen banana
- 2 scoops/packets Chocolate Complete
- Ice cubes - only add as needed for consistency

Black Cherry Delight

Blend together:

- 1 c. almond or cashew milk
- 1 Tbsp. flax seed
- 1/2 c. frozen black cherries
- 1 tsp. cacao (optional)
- 1 scoop/packet Chocolate Complete
- 3-5 ice cubes

Complete Fudgicles Treats

Blend together:

- 1 c. coconut milk
- 1 frozen banana
- 1 tsp. organic peanut butter
- 1 tsp. cacao (optional)
- 1 scoop/packet Chocolate Complete

Pour into popsicle molds and serve frozen.

Razzle Dazzle Smoothie

Blend together:

- 1 c. soy or cashew milk
- 1/3 c. frozen raspberries
- 1 Tbsp. chia seeds
- 1 scoop/packet Chocolate Complete
- 3-5 ice cubes

Complete Hot Chocolate

Blend in a shaker bottle (will be very thick):

- 1 scoop/packet Chocolate Complete
- 4 oz. almond or cashew milk
- Optional: Add a Tbsp. of French Vanilla Complete for extra richness!

Then add 6 oz. of boiling water and shake very lightly to mix. Pour hot chocolate into a mug. Enjoy!

