

Sugar-Free Chocolate Milkshake for the Morning!



It's the morning. You're looking for nutritious options to feed your body and soul to carry you through the first half of the day. If you look at traditional breakfast options, they are undoubtedly laced with way too much sugar. Many cereals are nothing more than sugar and salt. Pastries? Well that option present saturated fats with chemicals, "fake" butter and, of course, tons of sugar disguised with other names. And then there are breakfast meats that are full of unhealthy fat and processed additives. So why not "shake" things up tomorrow morning? Try a sugar-free chocolate milkshake!

Yep! This is an amazing breakfast shake that is creamy, chocolaty and great for you to start your day with. It has greens, almonds, nuts, chia seeds, and raw cacao powder. A brain boosting, natural sugar balancing and super food fueling breakfast option that offers enough protein without the fatty meats. Plus I incorporated a slew of SUPERFOODS to supersize the benefits of this shake to supply you with

the “jet-fuel” you need to run your machine (your body) that are sugar-free, clean and pretty darn powerful!

So, sweeten up breakfast with one of the healthiest drinks you can... Breakfast Chocolate Shake. Below you can see 2 recipes. The second recipe has a lot more heart and brain-healthy fats and plant based protein. Both are really yummy!

Did I mention.... these 2 chocolate shakes make sensational dessert substitutions that are guilt-free? Absolutely...! Who knew you could start and end your day in such a delicious way.

Chocolate Milkshake – Recipe #1:

- 1-2 big handful of your favorite organic greens
- 2 -3 tsp. raw cacao powder
- 1+ Tbsp. almond or sunflower butter OR 1 handful of nuts (I like to use walnuts)
- ¼ cup gluten-free rolled oats
- 1 tsp. cinnamon
- 1 tsp. macca root powder
- 1 tsp. of chia seeds
- 2 pitted Medjool dates, pitted
- 8 oz. culinary coconut milk or canned coconut milk and 1/2 cup water*
- * or substitute 1 cup almond milk for coconut milk if you prefer*
- 1 cup of ice

Need more protein? Add a scoop of your favorite protein powder!

Directions: Place all ingredients into a high-speed blender and blend for 30-45 seconds. Pour into glasses and enjoy! OR... put in a shaker cup and take along on the way to work. Keep in mind, the chia seeds will make this smoothie thicker over time, just add cold water to re-create desired consistency.

Chocolate Milkshake – Recipe #2:

- 1- 2 handful organic green
- 2 tbsp. of hemp seeds
- 2 tbsp. of chia seeds
- 2 tbsp. of pumpkin seeds
- 2 tbsp. sunflower butter
- 1 tbsp. of coconut butter
- 1/4 tsp. vanilla extract
- small handful nuts of your choice
- 2 dates, pitted
- 3 tbsp. raw cacao powder
- 1/2 cup unsweetened vanilla non-dairy milk
- 1 cup of water
- 3-4 ice cubes
- * optional: 1 tbsp. macca powder*

Directions: Place all ingredients into a high-speed blender. Blend for 30-45 seconds. Pour into glasses and enjoy!