

Curb your Carb Cravings Chocolate Smoothie

Time: Under 10 minutes

Servings: 2

Level: Easy

Ingredients:

- o 1 ½ cups Almond Milk
- o ½ Banana, sliced
- o 3-4 Pitted Dates (more if you need sweeter)
- o 2 Tablespoons Cacao Powder
- o 1 Tablespoon Chia Seeds
- o 1 scoop Collagen Powder (not flavored protein powder. 1 scoop = 8 grams or about 1 ½ Tablespoons. I use a brand called Further Foods)
- o ¼ cup Pumpkin Seeds
- o 1 cup of Ice
- o 1 Tablespoon Cacao Nibs (Optional for a chocolate chip type consistency)

Directions:

- 1) Place Almond Milk, Banana, Dates, Cacao powder, Chia seeds, Collagen powder, Pumpkin seeds and ice in a high-speed blender and blend through.
- 2) Add Cacao Nibs and blend for a quick 10-20 seconds. If you blend the Cacao Nibs with the other ingredients and blend through, it will make the smoothie much more bitter.
- 3) Enjoy!

Fun tips and Information

- ❖ Cacao Powder is the less processed sister of Cocoa Powder, which you find more commonly in stores. Cocoa Powder is best used for baking. Cacao Powder is best not heated and is full of anti-oxidants and magnesium.
- ❖ Cacao Nibs have a slightly bitter tasting crunch to them and are an acquired taste. Bitter is a taste we don't get enough of and it tends to balance sugar cravings.
- ❖ Pumpkin seeds are rich in manganese and magnesium – two minerals that women often needs and don't get enough of, especially before a menstrual cycle.
- ❖ I like to use Further Foods Collagen Peptides, Protein Powder