

Vegan Double Chocolate Protein Smoothie



PREP TIME:
5 MINUTES

COOK TIME:
N/A

TOTAL TIME:
5 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 1 Serving

Ingredients:

- 1 Scoop Truveni Chocolate Protein Powder - [Purchase Here](#)
- 1 ½ Cups Ice
- 1 – 1 ½ Cups Dairy Free Milk
- 1 teaspoon Organic Turmeric
- 1 teaspoon Organic Maca Powder
- 1 teaspoon Organic Cinnamon
- 1 Medjool Date (pit removed)
- 2 TBSP Organic Plain Coconut Yogurt – *(recipe at christihealthcoach.com)*
- 2 TBSP Plain Chia Pudding - *(recipe at christihealthcoach.com)*
- 1 TBSP Almond Butter
- *1 TBSP Organic Cacao Powder for More Rich Chocolate Smoothie (optional)

Instructions:

1. Add ice, non-dairy milk and protein powder to blender cup. Add all other ingredients.
2. Adjust liquid according to thickness preference.
3. Blend 1 ½ minutes for extra creamy smoothie.

***Try and use all organic ingredients if possible.**

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