
Secret Chocolate Smoothie

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 1-2

Ingredients:

- 1/2 cup frozen cauliflower florets
- 1/2 cup frozen ripe banana chunks
- 1 tablespoon date paste (see intro)
- 1 tablespoon maple syrup
- 1/2 tsp vanilla extract or paste
- 1 tsp maca powder (optional)
- 1/4-1/2 cup oat milk, cold
- 2 tablespoons cocoa powder
- Optional: 1 tablespoon PB2, 1 tablespoon vanilla protein powder
- Toppings: sliced strawberries, fresh raspberries, cocoa nibs, toasted coconut

Instructions:

1. Place all the ingredients in a blender or food processor (except the toppings duh!) and blend until smooth, adding more milk as needed. Taste and check if you need to add anything to make it more to your taste.
2. Pour and enjoy as is! Or transfer to the prettiest bowl you have and decorate with your favorite toppings.