



Chocolate Cauliflower Shake

2 servings

5 minutes

Ingredients

2 cups Frozen Cauliflower
 2 Banana (frozen)
 2 tbsps Almond Butter
 1/4 cup Cacao Powder
 1/2 cup Chocolate Protein Powder
 2 cups Unsweetened Almond Milk
 1 tbsp Maca Powder

Nutrition

Amount per serving	
Calories	450
Fat	16g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g
Cholesterol	4mg
Sodium	235mg
Potassium	1345mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	695mg
Iron	4mg
Vitamin D	101IU
Vitamin B6	0.8mg
Vitamin B12	0.6µg
Magnesium	236mg
Zinc	2mg

Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha, Replace half of the almond milk with chilled coffee.

Likes it Sweeter, Add pitted medjool dates.

No Maca Powder, Leave it out or use cinnamon instead.