



CHOCOLATE ALMONDS SMOOTHIE

This shake is great for the detox week. If using after detox week, this recipe covers 2 oz. Protein and your Fat at your meal. Feel free to add an additional ½ scoop protein powder to make a full serving of protein.

Makes 1 serving.



INGREDIENTS

- 1 Scoop Chocolate Protein Powder
- 10 oz unsweetened almond or coconut milk
- 1 tablespoon almond butter
- 1 tablespoon chia seeds
- Stevia to taste

INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.