

Hot Chocolate Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
2. Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free

Use coconut milk or another nut-free milk instead.

More Flavor

Add ground cinnamon.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

- 1 cup** Unsweetened Almond Milk
- 1/2 cup** Frozen Cauliflower
- 1/2** Banana
- 1/4 cup** Chocolate Protein Powder
- 2 tbsps** Cocoa Powder
- 1 tbsp** Chia Seeds
- 1/8 tsp** Sea Salt (optional, for topping)