



Kanada's "Get Loose" Choco-Pb Shake

if you're having trouble getting things moving, you have to try this shake. i struggle with constipation and will sometimes go days without "going". i must warn you...this is a shake that for some people can for sure act as a fast-acting laxative. so, please for the first few tries, do not trust a toot 😊 some people also experience a little gastro-distress from the mct oil or xylitol. i wish that wasn't the case, but for me, it's a small price to pay to be able to relieve myself.

**if you don't suffer from issues with constipation and just want a yummy guilt free shake, just use a half to 1 teaspoon of mct oil for added creaminess!

- ¼ cup frozen diced okra
- optional handful of spinach
- ½-1 cup nut milk
- ½ cup water (if not using full cup of nut milk...for a slightly lighter shake)
- 1 tablespoon mct (this is not a joke, if you've never used this much mct, stay home for a few hours. if you can't stay home for a few hours, just use 1-2 teaspoons of mct)
- 1 tablespoon cream (i use silk or picnic dairy free creamer, but if you don't have a dairy sensitivity feel free to use any cream)
- 1-2 scoops of collagen i use right at 1 and a half.
- 3 tablespoons of gentle sweet or store-bought sweetener. listen, i like for my shake to be sweet! if you don't like a pretty sweet shake, you'll have to play around with the sweetness levels...
- 1 tablespoon unsweetened cocoa powder
- 2 tablespoons peanut powder
- pinch of salt
- 1/8 teaspoon of sunflower lecithin
- ¼-1/2 teaspoon of glucomannan powder (glucic)
- extract combos — i use 1 tsp vanilla, ½ tsp of caramel, & ½ tsp of peanut burst. you can change this around to your tastes.
- 1-2 cups of ice depending on the thickness you like. i don't like thick shakes. so, i stick to one cup.

add everything to the blender & blend for a long time. sometimes it's hard to wait for your shake to be ready, but it's worth it not to have to chew tiny pieces of okra!