

Real Chocolate Milkshake

Serves 1

Why it's so good for you:

Free from artificial colors, flavors and refined sugars, this chocolate milkshake is a guilt-free treat for the whole family! Cacao is mineral and antioxidant rich, protecting your nervous system, reducing blood pressure, and boosting your mood! The addition of coconut oil and a low GI sweetener means your blood sugar won't skyrocket, either!

Ingredients

(use organic ingredients where possible)

- 1 cup milk (eg. nut milk, coconut milk or organic dairy milk)
- 1 tbsp raw cacao powder
- 1 tsp coconut oil
- 1/2 tsp ground cinnamon
- 1/2 tsp natural vanilla extract
- 1 tbsp pure maple syrup or raw honey
- Pinch of sea salt
- 6 ice cubes

Method

1. Blend all ingredients together.
2. Enjoy!