



CHOCOLATE DELIGHT SMOOTHIE BOWL

MAKES 1 SERVING

INGREDIENTS

6OZ WALNUT MILK (OR ANY UNSWEETENED NUT MILK)

2 TBSP GROUND FLAX SEED

1 TBSP ORGANIC CACAO POWDER

1 TBSP ALMOND BUTTER

1/4 TSP VANILLA EXTRACT, OPTIONAL

PINCH OF SALT

2 SCOOPS GELATIN

METHOD

COMBINE ALL INGREDIENTS IN BLENDER AND PROCESS ON MEDIUM SPEED 1-2 MINUTES. TRANSFER TO BOWL AND TOP WITH UNSWEETENED COCONUT FLAKES, RAW SEEDS, AND/OR CINNAMON, IF DESIRED.

[RECIPES FOR WALNUT MILK](#)

Created By Jessica Smosna, RD, LD