

Chocolate Cauliflower Shake

7 ingredients · 5 minutes · 2 servings



Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha

Replace half of the almond milk with chilled coffee.

Likes it Sweeter

Add pitted medjool dates.

No Maca Powder

Leave it out or use cinnamon instead.

Ingredients

2 cups Frozen Cauliflower

2 Banana (frozen)

2 tbsps Almond Butter

1/4 cup Cacao Powder

1/2 cup Chocolate Protein Powder

2 cups Unsweetened Almond Milk

1 tbsp Maca Powder

Nutrition

Amount per serving

Calories	449	Cholesterol	4mg
Fat	16g	Sodium	235mg
Carbs	50g	Vitamin A	593IU
Fiber	17g	Vitamin C	67mg
Sugar	20g	Calcium	695mg
Protein	31g	Iron	4mg