

Chocolate Almond Butter Milkshake

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 heaping tbsp raw cacao powder
- 1/2 ripe avocado
- 2 tbsp hemp hearts
- 2 heaping tbsp almond butter
- 1 scoop protein powder
- 1 tbsp whole chia seeds
- Almond milk to desired consistency
- Ice

Instructions:

1. Place all your ingredients into a blender and blend until a smooth, creamy consistency. If your protein powder is not sweet at all (mine has stevia) then add 2 medjool dates to give it a natural sweet taste.