

# Strawberry Milkshake

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 cup fresh strawberries
- 2 tbsp coconut butter\*
- 2 tbsp hemp hearts
- 1 cup cashew milk or any non-dairy milk
- 1 tbsp chia seeds

## Instructions:

1. Place all your ingredients into your blender and give a whirl till smooth and creamy!

## Notes:

Garnish with coconut flakes and cacao nibs if you like for a little crunch!