

# Double Chocolate Espresso Smoothie

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1-2 bananas\*
- 1/2 cup oat flakes or old fashioned rolled oats
- 3-4 tbsp almond butter or sunbutter for nut-free
- 1 double shot espresso\*\*
- 4 tbsp raw cacao powder or cocoa powder
- Optional: 1 scoop chocolate vegan protein powder
- 1 cup non-dairy milk like oat or almond

## Instructions:

1. Place all ingredients into a high power blender and blitz until smooth and creamy. Wow, it's delish!

## Notes:

\*As per my video, you do not need to use 2 bananas. \*\*If you do not have an espresso machine, you can use coffee instead. Serves 1 generously.