

Mochaccino Extra Energy Smoothie

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- Handful of walnuts
- 1 tbsp raw cacao powder
- 1 scoop greens+ extra energy
- 1 tbsp dairy-free/gluten-free chocolate chips (enjoy life brand)*
- 1 banana
- 1 cup nut milk (I used coconut because it's rich and yummy, but you could use almond, rice or hemp)

Instructions:

1. Toss all your energizing ingredients into a blend. Blend for 30-60 seconds or until smooth. Double the recipe if you want it to serve two.

Notes:

*You could also use raw cacao nibs too, instead of chocolate chips. Walker likes chocolate chips and I made this smoothie for him!