

TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day!

Chocolate Veggie Protein Shake



INGREDIENTS

- 1 Chocolate Protein Shake
- 1 cup frozen, steamed cauliflower
- 1 frozen banana
- 2 tablespoons mashed avocado
- 6 to 8 dates
- 2 tablespoons cacao powder
- 1/2 teaspoon vanilla extract

DIRECTIONS:

1. Place all ingredients into a blender and blend until completely smooth and creamy.