Chocolate-Coconut Macadamia Shake

Prep Time: 10 minutes | Cook Time: 0 minutes
Servings: 2 | Serving Size: ½ of recipe

If you are someone who likes chocolate and/or ice cream, this smoothie will really hit the spot. I make this for a dessert when everyone else is eating ice cream or sweets and it really tastes like I'm drinking a chocolate milkshake!

Ingredients:
2 scoops vanilla flavored protein powder of choice*
Heaping 1/3 cup raw, unsalted macadamia nuts
1 heaping tablespoon organic raw cocoa powder or cacao nibs
1 teaspoon ground organic cinnamon
2 tablespoons raw coconut butter or coconut manna OR ½ cup frozen, raw coconut chunks
1-2 tablespoons chia seeds (optional-for an extra fiber boost)
2 cups unsweetened vanilla or regular non-dairy milk of choice
1-2 cups ice cubes depending on how thick & cold you like it**

Directions:
1. Place all ingredients into a blender and process on high until smooth.
2. Pour into two glasses and enjoy!

Tips and Tricks:
*We recommend a protein powder that is low in carbohydrates & sugars and high in protein. Use the 10/15/20 rule—you want 10 or LESS grams of sugar, 15 or LESS grams of total carbohydrates and 20 or MORE grams of protein per serving. Nutritional information assumes you follow the above rule when selecting your protein powder

**Or freeze the non-dairy milk in ice cube trays for an even creamier, milkshake-like effect.

Nutritional Information Per Serving:
(Includes protein powder using 10/15/20 rule)

Calories: 350
Fat: 23.6 g
Cholesterol: 0.0 mg
Sodium: 223.8 mg
Total Carbohydrate: 9.5 g
Dietary Fiber: 5.8 g
Sugars: 4.1 g
Protein: 26.3 g