

## “Kick Your Cravings” Chocolate Shake

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Servings:** 2

**Serving Size:** ½ of recipe

### **Ingredients:**

3 cups unsweetened vanilla almond milk, almond milk, coconut milk, or hemp milk  
2 scoops vanilla protein powder\*  
2 tablespoons raw, organic cocoa powder or cacao nibs  
1 teaspoon ground cinnamon  
Large handful of ice cubes

*\*Choose a brand that is gluten, dairy, and soy free and has more than 15 grams protein and less than 10 grams sugar. I use Plant Fusion Brand (Vanilla Bean) it has 21 grams of protein and only 4 grams of sugar/carbs.*

### **Directions:**

1. Blend all ingredients in a blender and serve cold or store in a cold place for up to 12 hours – re-shake if you let it sit before drinking.

### **Tips and Tricks:**

This is a perfect snack or small meal replacement for right after a workout to keep your blood sugar stable and your energy levels up as well as give you a protein boost.

Raw cocoa & cacao are actually both great appetite suppressors to cut those cravings down after eating lunch or working out. Cinnamon is a known blood sugar stabilizer- keeping blood sugar stable will help keep your energy even and continue to help you burn fat.

### **Nutritional Information Per Serving:**

**Calories:** 192.4  
**Fat:** 6.8 g  
**Cholesterol:** 0.0 mg  
**Sodium:** 631.4 mg  
**Total Carbohydrate:** 10.9 g  
**Dietary Fiber:** 4.9 g  
**Sugars:** 4.9 g  
**Protein:** 23.6 g