

beauty food.

CHOC CHIC CHIA THICKSHAKE

Recipe



CHOC CHIC CHIA

thickshake

beauty
food.

SERVES 2

✓ **GLUTEN-FREE** ✓ **DAIRY-FREE**

16.8G SUGAR/SERVE

PREP ~ 5 MINS

If you need a chocolate fix after you workout, this could be your go-to! Filled with nourishing wholefoods and the Beauty Food Choc Chic Nut Butter, you'll also be getting a decent collagen hit.

INGREDIENTS

- 2 cups frozen banana chunks
- 1 tablespoon raw cacao powder
- 2 tablespoons Beauty Food Choc Chic Nut Butter
- 2 Medjool dates, pitted
- 1 tablespoon chia seeds
- 1 cup almond milk
- ½ cup ice cubes

METHOD

Add all ingredients into a high speed blender and blitz on high until smooth and creamy. Add a little more water if you'd like your smoothie with a thinner consistency.