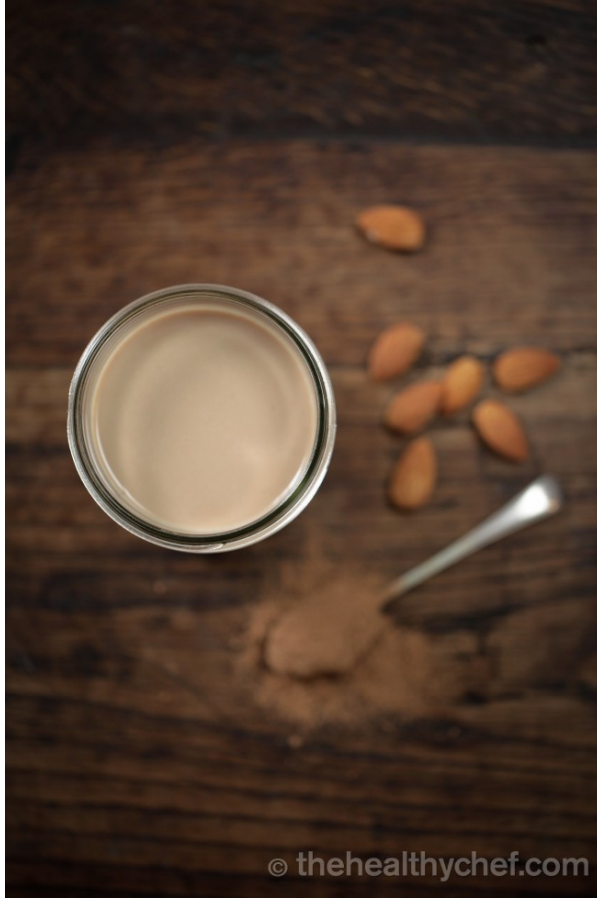


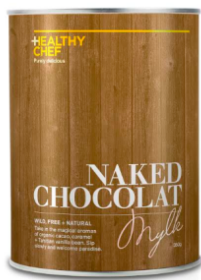
Guest blog: the Healthy Chef, Teresa Cutter's Naked Chocolat Almond Mylk recipe



by [Susie Burrell](#)
October 28, 2014



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Our brand new 14 day Spring Kickstart plan is designed to get your diet back on track this Spring; to help you drop a few extra kilos the right way and to help you to take control of your nutrition. So if you have been feeling less than your best and know your diet needs some work, this Kickstart is for you!

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Today I am so excited to share not only one of Australia's most loved 'healthy chefs' but one of my favourite peoples words, the amazing Teresa Cutter. Teresa has been in our kitchens for many years now, with her delicious recipes and amazing energy inspiring thousands of people to start making their own delicious food at home. Today she joins us to talk about one of her new products, her Naked Chocolat Mylk which I am sure you will love just as much as you do her work.

Here is a delicious recipe for a Chocolat Mylk that will leave you feeling nourished and revitalised! My Chocolat Almond Mylk takes just 5 minutes to make and what I love about it is that it's perfect icy cold as a quick pick me up recovery drink that will



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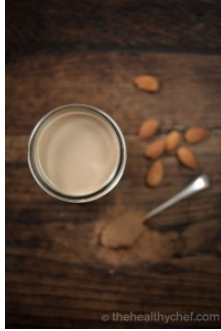
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enliven the senses and heal the body, mind & soul. You will notice that the ratio of almonds to water is 1:6I like the lightness of this combination with the subtle hint of sweetness that comes from the dates and vanilla bean in my Naked Chocolat recipe.

This recipe makes about 1 1/2 litres of purely delicious chocolate goodness. I make a large batch and fill it into glass jars that I keep in the fridge.

What's great about Chocolate Almond Mylk

This is actually an amazing recovery drink that is bursting with antioxidants and essential minerals. Naked Chocolat is rich cacao, carob, maca, cinnamon and pure vanilla bean – ingredients that help to provide sustained energy and to support the endocrine and immune systems. Cacao is rich in magnesium and antioxidants that assist with muscle repair and recovery. Almonds are high in magnesium and potassium that is essential for muscle and nerve function. Maca helps to promote energy and stamina and Tahitian vanilla and cinnamon helps boost mental performance. The Journal of Medicine and Sports Science says that consuming chocolate milk immediately after exercise and again at 2 hrs post-exercise appears to be optimal for exercise recovery.



Ingredients:

- 1 cup raw almonds
- 6 cups filtered pure water (use less water for a creamier mylk)
- 4 fresh pitted dates (adjust accordingly to your taste)
- 2 tablespoons Healthy Chef Naked Chocolat

Method:

Combine almonds, water, dates and Naked Chocolat into a high speed blender.

Blend for 30 seconds until smooth and creamy.

Strain through a muslin or a nut milk bag.

Pour into a glass jar and store in the fridge until needed.

Serve icy cold.

Enjoy.

For more on The Healthy Chef, Teresa Cutter, head to her site: <http://www.thehealthychef.com/>.

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