



Chunky Monkey Smoothie

Ingredients:

- 2 cups almond milk or other non-dairy beverage of choice
- 1 banana, frozen works best
- $\frac{1}{2}$ cup peanut butter
- 2 tablespoon raw cacao powder
- 1 tablespoon flax seeds
- 4 dates
- Ice

Directions:

1. Blend all in a blender until smooth.
2. Top with unsweetened coconut (optional)