

FROM THE KITCHEN OF
JESSE HAAS, CNS, LN

Cold Press Cacao Smoothie

INGREDIENTS

- 3/4 cup cold press
- 1/4 cup Thai coconut milk
- 2 Tbsp almond butter
- 1-2 Tbsp cacao powder
- 1 frozen banana
- 1/2 cup frozen cauliflower

METHOD

1. Place all ingredients in a high-powered blender and blend until smooth.

Makes 1 serving



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