

Mark's Kitchen

drhyman.com

Cocoa Bliss Smoothie

Serves: 1 serving

Ready in: 5 minutes

Chocolate lovers, rejoice! This smoothie from my new book, *Eat Fat, Get Thin* is power packed with creamy, healthy fat. Cacao not only adds great flavor, but is a good source of antioxidants, vitamins, and minerals.

Ingredients:

- 1 cup almond or cashew milk
- 1/2 cup full-fat coconut milk
- 1 tablespoon raw cacao powder
- 1 teaspoon no-alcohol pure vanilla
- 1 tablespoon coconut butter

Step 1: Place all the ingredients in a blender and blend until smooth and creamy.

Nutritional analysis per serving (1 1/2 cups): calories 420, fat 33 g, saturated fat 18 g, cholesterol 0 mg, fiber 9 g, protein 10 g, carbohydrate 17 g, sodium 40 mg