

Mark's Kitchen

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Cocoa-Almond Smoothie

Dessert for breakfast? Yes, please! This creamy cocoa smoothie from my [10-Day Detox program](#) has the perfect combo of fats + protein to energize your morning, and it tastes great.

Ready in: 5 minutes

Serves: 1

2 or 3 large ice cubes

1 1/4 cups unsweetened almond milk

2 tablespoons unsalted almond butter

1 tablespoon chia seeds

2 teaspoons unsweetened cocoa powder

1 tablespoon coconut oil

Step 1: Combine all of the ingredients in a blender and blend on high speed until smooth, 1 to 2 minutes. If the smoothie is too thick, add a little water and blend again until it reaches the desired consistency.

Step 2: Pour into your favorite glass and enjoy!

Nutritional analysis per serving: Calories: 430, Fat: 39 g, Saturated Fat: 14 g, Cholesterol: 0 mg, Fiber: 9 g, Protein: 10 g, Carbohydrates: 14 g, Sodium: 300 mg