

Cacao Strawberry Smoothie

This rich and decadent smoothie is perfect any time of day.

Categories

Gluten-free

Yields: 2 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Smoothies

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Almond milk, home made	1 cup
Organic raw whole hazelnuts	1 x 1/4 cup
Strawberries, fresh	12 medium - 1 1/4" diameter
Dates (medjool)	3 dates, pitted
Banana, fresh	1 medium - 7" to 7 7/8" long
Organic cacao raw powder	2 x 1 tbsp

Instructions

Prep

1. This recipe calls for almond milk, it can either be homemade or store bought, however homemade will make this smoothie completely raw
2. This recipe calls for whole raw hazelnuts or cashews, doesn't have to be organic but must be raw
3. This recipe calls for fresh fruit, but frozen works as well and will be better so you don't have to add ice
4. This recipe calls for chopped pitted dates

Directions

1. In a blender, combine almond milk, hazelnuts or cashews, strawberries, dates, banana and cacao powder
2. Blend at high speed until smooth. Serve immediately.

Variations

1. Substitute 1/2 cup of blueberries and blackberries for the strawberries and add a pinch of cinnamon