

Vegan Chocolate Smoothie :: Milk Chocolate flavor	
<p><b>ingredients</b></p> <ul style="list-style-type: none"> <li>• 7 Medjool Dates</li> <li>• 1/3 c. Cacao powder</li> <li>• 1 Avocado, med. or large</li> <li>• 6 c. Spinach</li> <li>• 3 c. Almond Milk, unsweetened, vanilla flavor</li> <li>• 1/3 c. Maple Syrup (dark robust)</li> </ul> <p>→ option: 2 or 3 scoops of protein powder, either chocolate or vanilla</p> <p>→ option: use water instead of almond milk, increase to 2/3 c. of maple syrup</p>	<p><b>instructions</b></p> <p>Blend all in blender.</p>
	<p><b>notes</b></p> <ul style="list-style-type: none"> <li>• Cacao powder is very fine, it is best to put it in the blender early in the mix</li> <li>• If the dates used are not medjool, use at least a packed 1/2 c.</li> </ul>

Vegan Chocolate Smoothie :: Dark Chocolate flavor	
<p><b>ingredients</b></p> <ul style="list-style-type: none"> <li>• 7 Medjool Dates</li> <li>• 1/3 c. Carob powder</li> <li>• 1 Avocado, med. or large</li> <li>• 6 c. Spinach</li> <li>• 2 c. Almond Milk, unsweetened, vanilla flavor</li> <li>• 1 c. water</li> <li>• 1/3 c. Maple Syrup (dark robust)</li> </ul> <p>→ option: 2 or 3 scoops of protein powder, either chocolate or vanilla</p> <p>→ option: use water instead of almond milk, increase to 2/3 c. of maple syrup</p>	<p><b>instructions</b></p> <p>Blend all in blender.</p>
	<p><b>notes</b></p> <ul style="list-style-type: none"> <li>• Carob powder is very fine, it is best to put it in the blender early in the mix.</li> <li>• If dates used are any variety other than medjool, use a packed 1/2 c.</li> </ul>

Vegan Chocolate & Berry Smoothie	
<p><b>ingredients</b></p> <ul style="list-style-type: none"> <li>• 6 Medjool Dates</li> <li>• 3 c. Blueberries (frozen are excellent)</li> <li>• 1/3 c. Cacao powder or Carob powder</li> <li>• 2 c. Almond Milk, unsweetened, vanilla flavor</li> <li>• 3/4 c. Maple Syrup (dark robust)</li> </ul> <p>→ option: 2 or 3 scoops of protein powder, either chocolate or vanilla</p>	<p><b>instructions</b></p> <p>Blend all in blender.</p>
	<p><b>notes</b></p> <ul style="list-style-type: none"> <li>• Carob Powder is a dark chocolate flavor, Cacao Powders is more of a milk chocolate flavor</li> <li>• If the dates used are any variety other than medjool, use a packed 1/2 c.</li> </ul>