

CHOCOLATE MILKSHAKE

Ingredients:

1 cup raw almonds, walnuts, macadamia or coconut milk

4 cups of water

4 – 6 dates

$\frac{1}{4}$ cup raw cacao powder

1 tablespoon vanilla extract

$\frac{1}{4}$ teaspoon cinnamon

2 bananas, optional for thickness

1 tablespoon raw macadamia/almond butter

Method:

Place the almonds/other nuts and water into a blender and blend for 20 seconds. Pour through a fine mesh strainer or cheesecloth , reserving the milk. Rinse the blender and pour milk back in.

Add the remaining ingredients to the milk and blend for 20 seconds or until everything is well incorporated and blended smooth. Taste and adjust flavour.

Serve immediately

Alter recipes by changing nuts, spices, sweeteners, by adding or substituting bananas, raspberries or even coffee.