

Chocolate Almond Smoothie

Makes 2 Servings

2	fresh or soaked dried dates
1 ½ cups	2% MF milk, almond milk or unsweetened soy milk
½ cup	ice cubes
¼ cup	almonds or 2 Tbsp almond butter
1 Tbsp	ground flax seed
1 to 2 Tbsp	hemp hearts
1 Tbsp	cocoa powder (unsweetened)

1. Blend all ingredients until smooth.
2. Add extra liquid if too thick.

Adapted from: The Thrive Diet, Brendan Brazier.

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