

# Cacao–Banana Power Smoothie

## Ingredients

- 1 cup unsweetened almond milk (or milk of choice)
- 1 ripe banana, sliced and frozen
- 2 tablespoons unsweetened cacao or cocoa powder
- 1 tablespoon almond butter (or peanut butter)
- 1–2 teaspoons maple syrup or 1 soft Medjool date, pitted (optional)
- 1 teaspoon vanilla extract
- Pinch fine sea salt
- 3–4 ice cubes

## Instructions

1. Add the milk to the blender first (liquid at the bottom helps the blades catch).
2. Add frozen banana, cacao, almond butter, sweetener (if using), vanilla, salt, and ice.
3. Blend on high for 45–60 seconds until completely smooth and creamy. If too thick, add 1–2 tablespoons more milk and blend again.

4. Taste and adjust: more cacao for deeper chocolate flavor, a touch more maple if you want it sweeter.
5. Pour into a chilled glass and serve immediately.

## Notes and Storage

- For extra protein, add 1 scoop plain or chocolate protein powder and  $\frac{1}{4}$  cup more milk.
- Best enjoyed right away; leftovers can be refrigerated up to 12 hours and shaken before drinking.