



Creamy Chocolate Mylkshake:

- 3 frozen bananas
- up to 1 cup plant based mylk (start with ½ and go up from there)
- 2 tbsp raw cacao powder
- 2 medjool dates
- (optional) 2 tbsp raw cacao nibs (for a little surprise crunch)

Directions:

Blend all ingredients in a high speed blender until smooth and thick! You may need more or less liquid depending on how frozen your bananas are so start out with only a half cup of mylk and go from there. Pour your milkshake into your cup of choice, add a dollop of PB for good measure, and drink up!