



Healthy + Sneaky Chocolate Thickshake:

- 2 to 3 frozen bananas
- 1 large cup of steamed and frozen (or chilled) cauliflower
- 3 medjool dates
- 1/2 to 1 cup unsweetened plant based milk
- 1 heaping tbsp Kapok Naturals raw cacao powder
- pinch of vanilla bean powder

Blend all ingredients in a high speed blender until smooth, stick a straw in, and enjoy!