

Chocolate Cherry Spice Smoothie

Jumpstart your morning with this rich and cool smoothie that has a surprising kick!

Ingredients

¼ cup raw Almonds, sprouted recommended
¾ cup Water
1 cup frozen pitted Cherries
2 ripe Bananas
6 Medjool Dates, pitted
2 tablespoons raw Cacao
2 teaspoons Pure Vanilla Extract
¼ teaspoon ground Nutmeg
¼ teaspoon ground Cinnamon
1/8 teaspoon ground Red Pepper (Cayenne)
2 cups Spinach leaves or Kale (stems removed), packed
2 cups Ice Cubes

Toppings

Cacao Nibs (optional)

Special Equipment

Powerful Blender

Preparation

Blend almonds and water until almond milk is formed. Add cherries, bananas, dates, cacao, vanilla, nutmeg, cinnamon, red pepper, spinach and ice in that order and process on high speed until smooth (using tamper if needed). Pour into serving glasses and top with cacao nibs.

Serves 2