

Healthy Snickers Smoothie

SERVES 1

Ingredients

- 1 frozen banana
- 2 pitted dates
- 2 tbsp raw almond butter
- 1 cup unsweetened almond milk
- 2 tbsp cocoa powder
- 1 tbsp caramel *recipe below
- 1 tbsp peanut butter powder* My favorite brand Sunwarrior
- 1 tsp unsweetened cacao nibs or Lily's Dark Chocolate Baking Chips stevia sweetened, dairy free.

Directions

- First, add frozen banana, dates, almond butter, almond milk, and cocoa powder to a blender. *I recommend slicing banana into small slices before freezing. This will help the blending process.
- Blend on high for 15 to 20 seconds or until blended.
- Finally, pour into a glass. Garnish with caramel, cacao nibs or chocolate chips.

Caramel Sauce*

You'll need 4 Dates

1. Soak the dates in warm water for 30 minutes.
2. Add dates to food processor, reserving liquid. Turn on food processor and slowly stream in soaking liquid until dates form a smooth, caramel-like texture.

*Caramel Sauce Recipe: From the kitchen of Dr. Michael Greger

My name is Michelle Joy Kramer, and I am a board-certified Holistic Health Practitioner and Integrative Nutrition Health Coach. I assist individuals and corporate teams in achieving their optimal health through healthy lifestyle choices regarding nutrition, exercise, spirituality, relationships, and careers. Learn more about my programs and how we can work together by contacting me at michelle@michellejoykramer.com or by visiting michellejoykramer.com

michellejoykramer
health coach

