

Chocolate Cauliflower Shake

7 ingredients · 5 minutes · 2 servings



Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha

Replace half of the almond milk with chilled coffee.

Likes it Sweeter

Add pitted medjool dates.

No Maca Powder

Leave it out or use cinnamon instead.

Ingredients

- 360 grams** Frozen Cauliflower
- 2** Banana (frozen)
- 31 grams** Almond Butter
- 20 grams** Cacao Powder
- 49 grams** Chocolate Protein Powder
- 480 milliliters** Unsweetened Almond Milk
- 15 grams** Maca Powder

Nutrition

Amount per serving

Calories	449	Vitamin D	101IU
Fat	16g	Vitamin E	4mg
Carbs	50g	Vitamin K	22µg
Fiber	17g	Thiamine	0.3mg
Sugar	20g	Riboflavin	0.9mg
Protein	31g	Niacin	2mg
Cholesterol	4mg	Vitamin B6	0.8mg
Sodium	235mg	Folate	114µg
Potassium	1345mg	Vitamin B12	0.6µg
Vitamin A	593IU	Phosphorous	469mg
Vitamin C	67mg	Magnesium	236mg
Calcium	695mg	Zinc	2mg
Iron	4mg	Selenium	9µg