

LCHF Mocha Smoothie

Ingredients:

- 200 ml unsweetened almond milk
- 2- 3 tablespoons cream
- 2 tablespoons natural whey protein powder
- 1 heaped teaspoon unsweetened cocoa powder
- Shot of espresso
- 4 ice cubes
- Sweeten to taste with Stevia or xylitol



Preparation:

1. Put all ingredients into a blender for 30 seconds.
2. Pour into a tall glass and enjoy.

Want to make your own home-made almond milk?

You will need:

- A good blender
- 1 cup of raw almonds soaked in water overnight (skin on is fine)
- 3 – 4 cups of filtered water
- 5 ml of Vanilla extract/essence
- Pinch of salt
- Xylitol, fresh dates or stevia for a little sweetness (optional)
- A nut milk bag (available from health shops or Wellness Warehouse)

Method:

1. Put all ingredients into your blender.
2. Blend on high for about 2 minutes.
3. Pour mixture into the nut milk bag over a jug or bowl and strain.

Keep your fresh, creamy almond milk in the fridge for up to 5 days.

