

Chocolate Almond Butter Smoothie Bowl

10 ingredients · 5 minutes · 1 serving



Directions

1. Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
2. Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

More Flavor

Add cinnamon to your smoothie base.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

No Smoothie Bowl

Drink as a regular smoothie instead.

Smoothie Consistency

For a creamier texture, use a frozen banana.

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Frozen Cauliflower
- 1/2 Zucchini (chopped, frozen)
- 1 Banana (divided)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1 tbsp Chia Seeds
- 1/4 cup Raspberries
- 2 tbsps Granola (for topping, optional)