

CHOCOLATE-ALMOND MILK

I loved chocolate milk as a little girl and would drink it steadfastly every day. This reminds me of that same chocolate milk growing up, but without the sugar high then crash that always followed. Enjoy it as is or add it to your morning coffee to make it a mocha.

INGREDIENTS

4 Medjool dates, pitted
2 cups unsweetened almond milk
1 ½ tablespoons cacao powder
¼ teaspoon vanilla extract
1 teaspoon maca powder
(optional)

MAKES 2 SERVINGS

- 1 Place the Medjool dates in a bowl and cover with boiling water. Steep for 10 minutes.
- 2 Place the dates, almond milk, cacao powder, vanilla extract, and maca powder into a high-speed blender and blend through until smooth.
- 3 Pour into a glass and enjoy.

NOTES

- Maca powder is not necessary, but it adds a slight nuttiness to the drink. Maca is also great for hormonal imbalances.