

THE GOODS

2 Tbs MCT oil (fat)

2 tsp cacao nibs (superfood)

Handful spinach (hearty greens and insoluble fiber)

1/2 cup organic strawberries (carb)

1 scoop chocolate protein powder (chia, hemp, nut butter, Greek yogurt or cottage cheese) 1 cup of plain yogurt is 21 g protein

1 scoop collagen (protein and collagen protection)

1 Tbsp flax seed (extra soluble and insoluble fiber for satiation)

12-16 ounces unsweetened nut milk (add more for a thinner smoothie)

THE METHOD:

Add these goods into your blender and blend for 30 seconds or until smooth.

THE SCIENCE:

Chocolate covered strawberries, OH MY! Can blending really be this blissful? One thing I have learned about food is that healthy is the new yummy.

After you try today's smoothie you will see that pure, nutrient dense ingredients have pure, full flavors that are even more satiating than their refined and processed counterparts.

From one of the most widely popular trees on the planet, raw cacao (aka raw chocolate) contains more than 300 different naturally occurring phytochemicals. This means incredible benefits throughout the body, including lowered LDL cholesterol, improved heart function, elevated energy and cacao is one of nature's most potent aphrodisiacs. Food to feel GOOD!

