

# Chocolate Cauliflower Shake

7 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

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### 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

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- 1 cup** Frozen Cauliflower
- 1** Banana (frozen)
- 1 tbsp** Almond Butter
- 2 tbsps** Cacao Powder
- 1/4 cup** Chocolate Protein Powder
- 1 cup** Unsweetened Almond Milk
- 1 1/2 tsps** Maca Powder