

## NON-DAIRY CHOCOLATE (ANTIOXIDANT) SMOOTHIE



### Ingredients:

- Coconut Milk (I use the meat and water of a fresh young coconut) or ½ Can of Coconut Milk)
- 2 Bananas
- 4 Medjool Dates
- ¼ Cup of Honey or Agave Nectar
- 3 Tbsp Raw Cocoa Powder
- 1 Shake of Cinnamon
- 3 Tbsp Hemp Seeds
- 3 Tbsp Omega-3 Oil
- Pinch of Sea or Himalaya Salt
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- 1 ½ Cups of Water or Ice after the previous ingredients are well-blended
- Sometimes I add Gojiberries to this or a spoonful of Hazelnut Butter
- 3 Lemons juiced
- ½ Cup of Honey
- Handful of fresh Spinach Greens
- ½ of an Avocado
- 2 quarts of Water

**Blend well and enjoy!**

*Thank you Liana Braun*



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