

ALMOND JOY SMOOTHIE

By Dr. Cindy Tanzar



INGREDIENTS

- 8 oz. unsweetened almond milk
- 1 tsp. unsalted almond butter
- 1 tsp dried, unsweetened shredded coconut
- 1 Tbs cocoa powder
- 1-2 scoops Vanilla Protein Powder
- 10 drops liquid stevia

INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.