



PEPPERMINT CACAO SMOOTHIE

Ingredients

- 1/2 a frozen banana
- 1 tsp of cacao powder
- 1 tbsp of cacao nibs
- 1 cup of milk of choice (I usually use coconut or oat milk).
- 1/2 scoop of chocolate protein powder of choice—but read the label & do some research, some are not healthy for you (I use organic plant based powders low in sugars, simple ingredients & add in other plant based proteins)
- 1 tbsp of flax/chia/hemp mixture
- 1 toothpick swipe of dōTERRA's peppermint (max of drop as its equivalent to 28 cups of peppermint tea & will for sure help with digestion)
- Sprinkle some cacao nibs on the top or mint to garnish

