

Chocolate Sea Salt Smoothie with Raspberries and/or Banana

Indulge yourself in this rich-tasting dessert drink without guilt! It's chock-full of heart-friendly isoflavones, lignans, potassium, antioxidants and probiotics.

Makes 2 servings.

Ingredients

- ½ cup plain dairy or non-dairy yogurt (like coconut yogurt)
- ½ teaspoon ground flaxseed powder
- 1 tablespoon coconut oil, softened
- ½ teaspoon Himalayan pink salt
- 3 teaspoons cocoa powder (or raw cacao, for a higher ORAC score)
- 2 cups almond, organic soy or oat beverage of your choice
- ½ cup frozen or fresh raspberries OR 1 banana
- Handful of ice (optional)
- 2 drops monk fruit extract, or 1 dash of stevia powder for additional sweetness, if desired.

Blend all ingredients together in an electric blender. Pour into 2 wine glasses and chill for 10 minutes. Enjoy!

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