

Chocolate Gingerbread Shake



Author: Brenna Certified H.H.P. - Optimized Health Team

Servings: 1

Prep Time: About 5 minutes

Ingredients:

- 2 1/2 cups Organic Unsweetened Almond or Coconut Milk
- 1 1/2 cups Filtered/Spring Water
- 3 Tablespoon Organic Psyllium Husks
- 3 Tablespoon Organic Whole Flax Seeds***** Buy WHOLE seeds
- 3 Tablespoons Raw Organic Cacao Powder (not cocoa powder)
- 1 teaspoon Organic Maca Powder
- Dash Organic Cinnamon
- Dash Organic Ginger
- 1 dropper full Organic Stevia (liquid) **OR** 1/4 teaspoon Organic Monk Fruit Powder (Erythritol Free)
- 4-5 Ice Cubes (Reverse Osmosis Water - frozen in ice cube trays)

Instructions:

Chocolate Gingerbread Shake

1. ****READ FIRST!!!! Be sure to use Whole fax seeds for this recipe. (You will grind them fresh for the shake). Buying ground flax seeds could cause indigestion as the oils in flax seeds are very delicate and become rancid if ground and not consumed within a day or two. Thus, pre-ground flax seeds contain rancid oils that could make you feel sick. Also, be sure you use Organic Raw Cacao powder, not cocoa powder. This is very important as raw cacao powder is completely different that the standard cocoa powder you use for baking in recipes. Cocoa powder does not have the same level of antioxidant value as Raw Cacao powder due to differences in processing. For more information about the differences between cocoa powder and raw cacao, go to:<https://www.davidwolfe.com/cacao-vs-cocoa-healthiest-chocolate/>
2. In a large blender, grind whole flax seeds and psyllium husks into a fine powder.
3. Add the rest of the ingredients (you can use either Organic Stevia or Organic monk fruit extract powder (no erythritol) to sweeten) and blend until smooth and creamy!
4. Drink immediately as shake thickens quickly! Enjoy!

Notes: One of the biggest health benefits of this shake is the FIBER content! To learn more about the importance of fiber in your daily diet, [check out THIS ARTICLE. CLICK HERE!](#)

Be sure to use Whole fax seeds for this recipe. (You will grind them fresh for the shake). Buying ground flax seeds could cause indigestion as the oils in flax seeds are very delicate and become rancid if ground and not consumed within a day or two. Thus, pre-ground flax seeds contain rancid oils that could make you feel sick. To learn about the health benefits of Flax Seeds, [Check Out THIS ARTICLE! CLICK HERE!](#) Also, be sure you use Organic Raw Cacao powder. This is very important as raw cacao powder is completely different that the standard cocoa powder you buy for cooking and baking in recipes. Cocoa powder does not have the same level of antioxidant value as Raw Cacao powder due to differences in processing. [For more information about the differences between cocoa powder and raw cacao, CLICK HERE!](#)

Last but not least, we include Raw Maca Powder, an incredible superfood, for a reason. [Check out THIS ARTICLE to learn the amazing health benefits! CLICK HERE!!!](#)