

# Silky Smooth Raw Chocolate Shake



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

Servings: 1

Prep Time: 5 minutes

Ingredients:

- 2 1/2 cups Organic Unsweetened Coconut or Almond Milk
- 1 1/2 cups Spring/ Filtered Water
- 3 Tablespoons Organic Psyllium Husks
- 3 Tablespoons Whole Organic Flax Seeds\*\*\*\* Buy Whole Organic Flax Seeds
- 3 Tablespoons Raw Organic Cacao Powder
- 1 teaspoon Organic Raw Maca Powder, optional
- 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

1. \*\*\*\*READ FIRST!!!! Be sure to use Whole flax 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.

## Silky Smooth Raw Chocolate Shake

This is very important as raw cacao powder is completely different than 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, go to: <https://www.davidwolfe.com/cacao-vs-cocoa-healthiest-chocolate/>

2. Pour the flax seeds and psyllium husks into a blender. Blend until finely ground. Then add the rest of the ingredients (sweeten with either Organic Stevia **OR** Organic Monk Fruit powder (erythritol free)) and blend until smooth and creamy! Add more milk if shake is too thick.
3. Pour into a tall glass or mason jar and drink immediately as shake thickens quickly! Enjoy!