



POWER NUT BUTTER BOWL

By: The Women's Health Big Book of Smoothies & Soups – Lisa DeFazio

Serves: 2

Ingredients

Smoothie

- 1 cup unsweetened nut milk (almond, cashew, coconut)
- 1 large fresh or frozen banana
- 2 Tbsp nut butter (raw, no-salt)
- 1 Tbsp unsweetened raw cacao powder
- 1/4 tsp pure vanilla extract
- handful of ice (optional)

Toppings (optional, but recommended)

- 1 Tbsp seeds (hemp, chia, pumpkin, sunflower, etc...)
- 2 Tbsp chopped walnuts or almonds
- 2 Tbsp raw cacao nibs
- Shredded coconut

Directions

In a blender, combine all the smoothie ingredients until desired consistency is reached. Pour into bowl(s) and top with a combination of recommended toppings.

Nutrition per serving:

Calories: 690
Fat: 46 g
Sat. fat: 12 g
Carbohydrates: 63 g
Fiber: 19 g
Sugar: 24 g
Sodium: 112 mg
Protein: 18 g