

# Lauren's Kitchen: A favorite afternoon treat



Some afternoons I just need an extra boost of energy to make it through the last tasks before calling it a day. That boost, believe it or not, doesn't have to come from Starbucks!

Here's one of my favorite treats that tastes amazing and doesn't have a thing in it to feel guilty about. First, however, may I pass along a tip I learned early on when changing my diet: Go ahead and give in to the chocolate and sweet cravings, but... with good choices. And to keep those cravings to a minimum, don't allow yourself or your family members to get famished.

So now for that treat. MindBodyGreen recently featured this yummy Cacao and Almond smoothie that is very close to what I make at home, so I have included my personalized tweaks in *italics*. I do hope you take the time to make it soon.

Here's what you'll need:

## Ingredients

2 tablespoons of cacao powder

2 tablespoons of cacao coconut yoghurt *–I use cacao nibs*

1 banana peeled, cut in pieces and frozen *–If pressed for time I use a banana and a few ice cubes*

1 date – *I prefer medjool and usually add 2 J*

a small handful of almonds–or 2 tabl of almond butter

1 cup of almond milk–*I prefer Califia Farms and coconut milk is also a good option*

$\frac{1}{2}$  a teaspoon of maca powder

$\frac{1}{2}$  a teaspoon of vanilla extract

$\frac{1}{2}$  a teaspoon of cinnamon *–or cayenne*

For full instructions.