



## Chocolate Smoothie (non-dairy)

Have a craving for chocolate? This simple, non-dairy smoothie recipe has only 4 ingredients: Cashews, dates, chocolate powder and water. You can decrease the fat content by replacing the cashews with a less oily nut.

### Ingredients

- 1 cut nuts (the chef in the video uses cashews. We can also use almonds or other nuts)
- Dates, pitted (she uses 3 for sweetness; adjust to your taste). Tip: make sure the dates are pitted to avoid damage to your blender.
- 3 cups water
- 1 tablespoon chocolate powder (adjust to taste)

### Preparation process

Add nuts, pitted dates, water, and chocolate powder to blender; blend well.

You can freeze the mixture to make chocolate" ice cream" or pour it into an ice cube tray to make a sweet treat as a substitute for a chocolate bar.

### Bonus Items

If you want to watch the video again. Click [here](#).

Looking for a great, organic chocolate powder? Check out this top-rated cacao powder [here](#).