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*Eastwood*  
WEALTH

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## Chocolate Thunder



If you like chocolate and peanut butter, this one's for you. It's light enough for pre-workout, filling enough for post workout or for something sweet to treat yourself. Quick, easy and full of energy! Cheers, Tim

*Use organic ingredients if possible*

- 1 cup of unsweetened almond milk<sup>1</sup>
- 1 tbsp of cacao powder<sup>2</sup>
- 1 frozen banana peeled and cut in half
- 2 pitted medjool dates and cut in small pieces<sup>3</sup>
- 1 heaping tbsp or 2 tbsp of peanut butter<sup>4</sup>
- 1 tbsp of chia seeds (optional but recommended)<sup>5</sup>
- 1 tsp of sweet cacao nibs (optional)

Include all ingredients, except the sweet cacao nibs, in a blender and mix until smooth. If you prefer, adding ice may help thicken up your smoothie. Pour into a cup and top with sweet cacao nibs for a crunch. Enjoy!

<sup>1</sup> Almond milk is a low-fat dairy alternative. Choose a brand that is low in sodium, unsweetened and contains no added sugar.


<sup>2</sup> Cacao powder is different than cocoa powder. Cacao has not been roasted and has no additives.

<sup>3</sup> The dates kick up the sweetness level. If you want your smoothie less sweet, try one or no dates.

<sup>4</sup> Preferably, the ingredients in your peanut butter is just peanuts. Most brand name nut butters hide hydrogenated oil, salt and sugar in their ingredient deck. This significantly changes the health benefits. Check the label to be sure.

<sup>5</sup> The use of chia seeds can be traced back to the Mayans. They are full of antioxidants, fiber, B vitamins, calcium, manganese, magnesium and phosphorous and will help thicken up your smoothie.

With the banana and dates included, this smoothie has sugar in it though they are naturally occurring sugars which is different than table sugar. Still, it's sugar. The ingredients in the smoothie have protein, fiber and fat which will help minimize increases in blood sugar. Other ways to reduce a spike in blood sugar after consumption is to take a walk/exercise and drink plenty of water.

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