

Ultra Thick Chocolate Shake (Vegan, Gluten-Free, Soy-Free)

Ingredients:

- 4 cups frozen bananas, cut into 2-inch chunks
- 1 cup soy milk, rice milk (soy free), or other non-dairy milk of choice
- 3 T. cocoa or carob powder
- 2 T. maple syrup
- 1 t. vanilla extract

Remove the frozen banana chunks from the freezer and allow them to thaw for 5 minutes to soften slightly. Place the banana chunks in a blender, along with the remaining ingredients, and process for 2-3 minutes to thoroughly puree and blend flavors. Serve immediately.

This is an easy shake to alter:

Add additional soy milk if you desire a thinner shake

Add ice cubes if you want a thicker, "frostier" shake

Use almond or peppermint extract, instead of the vanilla, to vary the flavor

Add a little nut butter for added flavor and creaminess.

Yield: 4 Cups