

## RED VELVET SMOOTHIE

I love this flavorful treat that tastes like a frozen red velvet cupcake (well, maybe sort of) but without the refined flour, eggs, sugar, and red dye. My clients and friends are always asking me what they can eat when they need something sweet. For all you chocoholics who want to channel your addiction in a healthy way, this is for you.

*Makes 4 servings*

### INGREDIENTS

4 large ripe bananas, frozen

1½ cups frozen raspberries

2 tbsp natural (non-alkalized) cocoa powder

4-5 dates, pitted, chopped

½ -1 cup almond milk, hempseed milk, or other milk substitute

### METHOD

Blend all ingredients in a high-powered blender until thick and creamy.

