

Hot Cocoa Smoothie

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3/4 cup chocolate oat milk
1 frozen sliced banana
2 tablespoons chocolate protein powder
2 tablespoons chocolate nut butter
1 tablespoon unsweetened cocoa powder
pinch cinnamon
pinch cayenne pepper
1 cup ice
marshmallow fluff (for topping)
cacao nibs (for topping)

In a blender, combine the chocolate oat milk, banana, protein powder, nut butter, cocoa powder, cinnamon, cayenne and ice. Blend until smooth.

Pour into a glass.

Top with marshmallow fluff and cacao nibs.

Per Serving (excluding unknown items): 12 Calories; 1g Fat (29.4% calories from fat); 1g Protein; 3g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat.