

## Mocha 'Frappuccino' Shake

Honestly, this is the most divine shake you'll probably ever drink! What makes this shake EXTRA special is that not only is it loaded with nourishing, healthy fats but this shake contains the full spectrum of chocolate and all it's benefits (Cacao Powder, Cacao Nibs, Cacao Butter).

The two star ingredients are:

**Organic Coffee.** Coffee is one of the most powerful foods on the planet. Praised for centuries for it's thousands of chemical compounds, it is extremely rich in minerals. However, it's power lies in its Polyphenol content (1). Specifically in flavonoids. Flavonoids are the most studied Polyphenol. You may have heard of red wine being healthy? That's because of its flavonoid content.

**Organic Chocolate:** With this one, the darker the chocolate the better. Actually, your best bet is to get raw Cacao (2). That will hammer your antioxidant counts and Polyphenol counts through the roof (3). Chocolate is one of the most chemically complex foods on the planet. It is loaded with incredible chemicals like Anandamide (the bliss chemical) that will change your entire physiology.

Makes: 1 Large Shake

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Ingredients:

4-8 oz. Organic Coffee (freshly brewed in pour-over or coffee pot)\*  
3/4 cup Unsweetened Organic Vanilla Coconut or Almond Milk  
3 Tablespoons Raw Organic Cashews  
2 Tablespoons Organic Raw Cacao Powder  
2 Tablespoons of Organic Raw Cacao Butter  
1 1/2 teaspoon Organic Maca Powder  
2 Tablespoons Organic Raw Cacao Nibs  
Dash Pink Himalayan Sea Salt  
3/4 - 1 teaspoon Organic Stevia Stevia to taste  
8 Ice cubes (made from Filtered/Spring Water)

Instructions:

1. First put all ingredients in the blender WITHOUT ICE. Blend on high speed to pulverize the ingredients in the liquid.
2. We then recommend putting the blender at 1/4 speed for 2-3 minutes with the ice cubes. Once they are thoroughly crushed speed up the blender. Stop the blender, tap it on the counter top and put the blender on high speed one more time. This will create a smooth icee texture.
3. Blend until a 'Frozen Frappuccino' consistency has been achieved. Best enjoyed with a straw!

\*Be sure to buy organic coffee that's been recently roasted. Most Whole Foods carry freshly roasted coffee from local coffee roasters. Check the roast dates and purchase the coffee with the most recent roast date for the highest nutrient content.

Studies:

(1) <https://www.ncbi.nlm.nih.gov/pubmed/19249420>

(2) <https://www.sciencedirect.com/science/article/abs/pii/S0963996900000685>

(3) <https://www.sciencedirect.com/science/article/abs/pii/S0008874997911096>