

## Choclicious Choffy Smoothie

1 ripe banana

4 dates (take the pits out)

1/2 cup used Choffy grounds (can also sprinkle some new bits in there too)

1/2 cup water (or Vanilla or Chocolate flavored Almond milk)

4 Tablespoons of Raw Honey OR Raw Agave

1 Tablespoon of Protein Powder (optional) Vanilla Rice, Soy or Whey protein powder.

1 teaspoon of Vanilla

1 pinch of sea salt

1 cup of ice

Toss everything in the blender except the ice. Blend everything together for 30 seconds or a minute (depending upon your blender). A high quality blender is best but any kind can be used. Then add ice and blend again until all ice has been crushed into very tiny pieces. If you want to make your blender work a little less you can use crushed ice. Makes 1-2 servings.

Submitted by Michael Howard