

Breakfast Chocolate Shake



KID-FRIENDLY 3 MINUTE

BREAKFAST CHOCOLATE SHAKE

- 1 frozen Banana
- 1/2 tbsp Cacao Powder [Antioxidant Support]
- 1 scoop Collagen Protein (or Vegan Protein) (or 3 tbsp Hemp Seeds) - *Optional* [Blood Sugar Support]
- 1 tbsp MCT Oil - *Optional* [Blood Sugar, Energy Support]
- 1 tsp Honey (or to taste)
- 1 cup Water

Blend and Serve!

Secret Adult Tip: For yourself, add a tsp of Instant Coffee, and you are good to go too!

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INSTRUCTIONS

- Place all ingredients in a blender and blend until smooth.