



# Intuitive Blackberry Smoothie

SERVINGS: 2

PREPPING TIME: 5 MINS

COOKING TIME: 0 MIN

## Ingredients

- 4 cups frozen blackberries
- 4 cups almond milk (or choice of milk)
- ½ cup 70% or higher dark chocolate chunks
- Honey (optional for extra sweetness)

## Directions

1. Place frozen blackberries and almond milk, and  $\frac{3}{4}$  of the chocolate in the blender (optional honey); blend thoroughly
2. Transfer to a glass
3. Sprinkle the remaining dark chocolate on top.

