

Mocha shake

INGREDIENTS

1 Banana
1 Cup Coconut milk
1 Tbsp. Cocoa
1 Tsp Vanilla
10 - 15 Ice cubes
1 Shot espresso

Optional

2 - 3 Tsp Xylitol

Note: You can replace the coconut milk with any other milk/ cream of your choice.

METHOD

In a food processor, add all the ingredients.

Pulse a few times until mixture starts to blend together.

Blend on high for 15 - 20 seconds until smooth.



FROM THE  OF: Cornia