

# Vegan Chocolate and Sprout Love Shake



Source: Kimberly Snyder Category: Vegan Smoothies  
Prep Time: 5 min Blend Time: 1 min Total Time: 6 min  
Makes about 16 ounces

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## Ingredients:

1 cup sliced ripe banana, preferably frozen  
1 cup unsweetened almond milk  
3/4 cup sunflower, clover or broccoli sprouts  
1 Tbsp. raw cacao powder  
Stevia to taste

Recipe Link:

<https://www.betterveganrecipes.com/chocolate-sprout-love-shake>

## Instructions:

1. Add all the ingredients to a blender and blend until smooth. Serve at once.

## Notes:

Cacao contains caffeine, so if you are very sensitive to it, avoid this smoothie in the afternoon.

## Equipment needed:

Blender

## Serving suggestion:

Best served on its own.