

Vegan Chocolate Spinach Shake



- 2 cups organic unsweetened rice milk
 - 1/4 cup (1 2oz cup of Square One) spinach puree or 3-4 cup raw baby spinach
 - 2 fresh or frozen bananas
 - 6 pitted organic dates
 - 3 Tbsp cacao powder
 - 1 tsp pure vanilla extract
 - pinch of Celtic sea salt
1. Throw all ingredients in your blender and puree until rich and creamy.
 2. Add a handful of ice cubes for a really cold smoothie.
 3. Devour and Smugly Smile. YUMMO!

This recipe was created by [The Blender Girl](#). All of her recipes are gluten free, and many are dairy free, egg free, nut free and soy free. To sample more of her delicious allergy free recipes head to [Healthy Blender Recipes](#).