12/17/2020 Chocolate Raspberry Sea Moss Smoothie - Good Food Baddie

**Chocolate Raspberry Sea Moss Smoothie**



Antioxidant-Rich Chocolate Raspberry Sea Moss Smoothie made with all the best nutrient-dense ingredients: Cacao, Sea Moss, Avocado, Raspberries, Cucumber, and Dates. Try this smoothie recipe for a healthy, chocolatey treat to start your day!

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| --- | --- | --- |
| Prep Time | Cook Time | Total Time |
| 3 mins | 3 mins | 6 mins |

Course: Appetizer, Breakfast, Snack

Cuisine: American, Healthy Options, Vegan

Keyword: chocolate raspberry sea moss smoothie, chocolate raspberry smoothie, healthy chocolate smoothie, irish sea moss smoothie

Servings: 2

Calories: 332kcal

# Ingredients

1/2 Avocado

1. Persian Cucumber (or small cucumber)

1.5 cup Frozen Raspberries 1 tbsp Ground Flax Seeds

1. tbsp Raw Cacao Powder 1/4 cup Sea Moss Gel

1.5 cup Almond Milk (or your favorite non-dairy milk) 3 Medjool Dates (pits removed)

Ice, if needed

# Instructions

1. Combine all the ingredients into a high-powered blender and blend until smooth.
2. If your smoothie is thicker than you’d like, add more almond milk. If you would like your smoothie thicker, add ice, until you reach your desired consistency.

# Notes

This recipe makes 2 smoothies.

You can store the smoothies for up to a day in an airtight mason jar. Feel free to add your favorite protein powder to this drink!

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