Are You In?

# Chocolate Zucchini Smoothie

## Ingredients

- 1 medium zucchini, chopped and frozen
- 1 cup milk of your choice, plus more as needed
- 4 soft Medjool dates, pitted (soak in hot water first if they aren't soft)
- 2 tbsp almond butter (or nut/seed butter of choice)
- 1 tbsp cocoa powder
- ½ tsp vanilla extract
- ¼ tsp nutmeg
- Handful of ice

## Directions

1. In a high-speed blender, place the zucchini, milk, dates, almond butter, cocoa powder, vanilla, and nutmeg. Blend until smooth, adding more milk as needed to blend.
2. Add a handful of ice and blend again.
3. Pour into glasses and enjoy!

Original recipe source: www.loveandlemons.com