

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Chocolate Black Bean Smoothie

Yield: One Serving

INGREDIENTS:

- 1 banana, preferably frozen
- 1/2 cup canned black beans, rinsed
- 2 tsp (or to taste) raw honey/agave
- 1 cup milk of choice - almond/soy/dairy milk
- 1 large handful *each* of kale and spinach
- 1 TBSP cocoa powder
- 1 tsp ground cinnamon



DIRECTIONS:

Place all ingredients into a blender and blend until smooth. Enjoy!

Compliments of Eat Your Heart Out Edibles

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