



@KICKCRAMPSASS

CACAO DELIGHT

SERVES 1: 12 OZ

INGREDIENTS

- 1/2 TABLESPOON CACAO
- 1 1/2 CUPS OAT MILK
- 1/2 TEASPOON VANILLA BEAN (EXTRACT)
- 1 TEASPOON RAW AGAVE NECTAR
- 1/4 TEASPOON CINNAMON
- 1/8 TEASPOON NUTMEG
- 1/8 TEASPOON ALLSPICE (OPTIONAL)

PROCEDURE

COMBINE ALL

01 INGREDIENTS IN
A BLENDER.

NUTRITION FACTS

- CALORIES: 404
- TOTAL FAT: 13.25G
- SATURATED FAT: 3.8G
- SODIUM: 8MG
- POTASSIUM: 866MG
- TOTAL CARBOHYDRATES: 98.62G
- DIETARY FIBER: 23.3G
- SUGARS: 4.24G (NO ADDED SUGAR)
- PROTEIN: 25.06G
- VITAMIN A: 8IU
- MAGNESIUM: 352MG
- PHOSPHOROUS: 1060MG
- VITAMIN C: 0.3MG
- CALCIUM: 114MG
- IRON: 8.68MG
- VITAMIN K: 5.5UG
- ZINC: 4.66MG
- VITAMIN E: 1.49MG

02 ENJOY!