



Flourishing Kitchen

Raw Chocolate Hazelnut Milkshake

Raw. Vegan. Gluten-free.

Prep Time: 5 mins | Soak Time: 15 mins. | Serves: 2

Recipe Ingredients:

2 cups hazelnut milk (recipe here)
4 pitted medjool dates
4 tbsp chia seeds
1 heaped tsp cacao powder
½ tsp vanilla extract

Toppings

2 tsp grated chocolate
2 tsp chopped hazelnuts



You Will Need:

High speed blender
2 serving glasses

Recipe Directions

1. Place the ingredients into your blender and blend until smooth.
2. Pour your milkshake into 2 glasses then wait 15 minutes for the chia seeds to thicken the milkshakes.
3. Add chopped hazelnuts and grated raw vegan chocolate to each glass before serving.

Recipe Notes

Personal taste is everything so make this recipe your own.

If you want your chocolate milkshake thinner in consistency then just use less chia seeds.

If you prefer a sweeter milkshake add one more pitted date or a tablespoon of maple syrup to the recipe.

If your dates are a little tough, soak them in pre-boiled hot water for 15 minutes before blending. Discard the soak water before using the dates.