

## Dark Chocolate Smoothie

Prep Time = 5 min	Cook Time = 5 min	Total Time = 10 min	Servings = 1
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### Ingredients:

1 Cup Raw Milk from Grass-Fed Cows  
2 Squares (28 grams) Dark Chocolate High Cacao Content  
1 Tablespoon Extra Virgin Coconut Oil  
1 Scoop Natural Chocolate Flavor Whey Protein  
1 Raw Egg from Pasture-Raised Chicken  
1 Banana Organic  
2 to 4 Ice Cubes  
4 Strawberries on the Side

### Directions:

1. Add all ingredients except the strawberries to the blender.
2. Blend until smooth and creamy.
3. Drink slowly and relax. Have the 4 strawberries on the side as you drink your dark chocolate smoothie.
4. Enjoy the taste and flavor of the dark chocolate and know that you're getting all the benefits of the powerful chocolate.

<b>Nutrition Facts</b>	
Serving Size 525 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 736	Calories from Fat 355
<b>% Daily Value*</b>	
<b>Total Fat</b> 40g	62%
Saturated Fat 26g	129%
Trans Fat 0g	
<b>Cholesterol</b> 287mg	96%
<b>Sodium</b> 176mg	7%
<b>Total Carbohydrate</b> 58g	19%
Dietary Fiber 7g	28%
Sugars 38g	
<b>Protein</b> 41g	
Vitamin A 11% • Vitamin C 64%	
Calcium 50% • Iron 28%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
<b>NutritionData.com</b>	

**Vitamins**

Amounts Per Selected Serving		%DV
Vitamin A	555 IU	11%
Vitamin C	~38.5 mg	~64%
Vitamin D	~113 IU	~28%
Vitamin E (Alpha Tocopherol)	~0.8 mg	~4%
Vitamin K	4.4 mcg	5%
Thiamin	0.2 mg	13%
Riboflavin	0.8 mg	46%
Niacin	1.6 mg	8%
Vitamin B6	0.6 mg	31%
Folate	~68.0 mcg	~17%
Vitamin B12	1.7 mcg	29%
Pantothenic Acid	2.1 mg	21%
Choline	~160 mg	
Betaine	~1.9 mg	

**Minerals**

Amounts Per Selected Serving		%DV
Calcium	503 mg	50%
Iron	5.1 mg	28%
Magnesium	132 mg	33%
Phosphorus	430 mg	43%
Potassium	1279 mg	37%
Sodium	176 mg	7%
Zinc	2.6 mg	18%
Copper	0.7 mg	34%
Manganese	1.1 mg	54%
Selenium	26.3 mcg	38%
Fluoride	~5.2 mcg	

**Calorie Information**

Amounts Per Selected Serving		%DV
Calories	736 (3081 kJ)	37%
From Carbohydrate	217 (909 kJ)	
From Fat	355 (1486 kJ)	
From Protein	164 (687 kJ)	
From Alcohol	~0.0 (0.0 kJ)	

**Protein & Amino Acids**

Amounts Per Selected Serving		%DV
Protein	41.2 g	82%

**Carbohydrates**

Amounts Per Selected Serving		%DV
Total Carbohydrate	58.4 g	19%
Dietary Fiber	7.1 g	28%
Starch	~6.4 g	
Sugars	38.5 g	

**Fats & Fatty Acids**

Amounts Per Selected Serving		%DV
Total Fat	40.1 g	62%
Saturated Fat	25.8 g	129%
Monounsaturated Fat	~8.1 g	
Polyunsaturated Fat	~1.8 g	
Total trans fatty acids	~0.0 g	
Total trans-monoenoic fatty acids	~0.0 g	
Total trans-polyenoic fatty acids	~0.0 g	
Total Omega-3 fatty acids	~288 mg	
Total Omega-6 fatty acids	~1479 mg	

**Your Notes:**