

Phase 1.25 Cherry Chocolate Power Shake (Vegan)

New versions of the ALWAYS HUNGRY book power shakes are some of our most popular posts on my chef dawn Facebook page! This vegan Cherry Chocolate Shake easily doubles as a dessert! I actually had a hard time testing it because it was SO filling that I didn't want breakfast for a couple of days. It lead me to discover that if you put a portion into the fridge, it makes an incredible pudding!

This recipe works best in a high-speed blender like a Vitamix or NutriBullet or Ninja or something that will puree the cashews. I added a quarter of a banana to make it sweeter, but you could leave that out if you wanted more of a Phase 1 Shake.

CHERRY CHOCOLATE POWER SHAKE

1/2 cup frozen dark cherries (unsweetened)
1/4 ripe banana
3/4 – 1 cup almond milk
1/3 – 1/2 cup cashews
1 serving protein powder (~26-29 grams)
1 Tablespoon cocoa powder (unsweetened)
1/4 teaspoon vanilla extract or dried vanilla bean

I also tossed in some fresh blackberries because I had some in the freezer!

VARIATIONS:

- The ratios are between phase 1 and phase 2. Make it more Phase 1 by using 1/2 cup cashews and no banana – or closer to Phase 2 by using 1/3 cup cashews.

Recipe from the Chef Dawn Ludwig Blog
at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn
see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently

- If you want to make it a bit creamier, or if you don't have a high-speed blender, soak the cashews overnight.
- The texture is thick like a milkshake (especially if you use the full amount of cashews and the lower amount of almond milk). It will turn into a pudding texture when refrigerated. Separate it into 4 ramekins and refrigerate overnight to serve as a dessert. Yum!

RATIOS:

Fat: 46%

Carbohydrate: 30%

Protein: 24%