



Dot's New Breakfast Shake Recipe

1 1/2 cup coconut milk

1 – 2 TB coconut cream

1 scoop protein powder (Designer Whey, Vanilla, available at Trader Joe's or 365 Vanilla Whey from Whole Foods)

¾ cup frozen berries (another option is 6 dried figs)

1 TB cocoa powder (Can use fruit AND cocoa or one or the other)

1 TB chia seeds

Put all ingredients into blender and blend until smooth. Enjoy!