

Cowabunga Smoothie

1 T. Black Strap Molasses
2 T. Peanut or Almond Butter
1 Banana
1 t. Kelp
2 T. raw cocoa or carob powder
2 C. Non-Dairy Milk
Honey, (optional-add to taste)
Ice, start with ½ c., add more as you like.
Mix all the ingredients in a blender until smooth. Serves
2-3 people. Enjoy!

Recipe by Kelly Pomeroy

