

Nutty Chocolate Shake

2 ½-3 C. Almond milk
2-3 C. Ice
2 T. Peanut, Almond, or Cashew butter
2 T. Cacao powder
1 t. slippery elm powder
1 t. Licorice root powder
¼ t. cinnamon powder (optional)
¼ t. ginger powder (optional)
⅛ t. Cayenne pepper (optional)

Add all ingredients to the blender and mix until smooth. Let it sit for 3-5 minutes to let the slippery elm and licorice root become more mucilaginous. This will give great texture to the smoothie. This is a nutrient rich, healing shake that is sweet and satisfying to drink. It is not a smoothie you would buy from a malt shop, laden with sweeteners. Enjoy this yummy treat!
Makes 2 servings.

Tiger Bark/Cups

Chocolate layer

2 T. Cacao or cocoa powder
1 t. Licorice root
1 T. Coconut Oil
Pinch of salt

Nut Butter layer

1 T. Peanut Butter, Cashew, or Almond Butter
1 T. Coconut oil
1 T. Slippery Elm
1 t. Licorice root

Prepare the chocolate portion first. Melt the coconut oil for ease of mixing. Add the cocoa, licorice root, and salt and mix thoroughly. Layer a muffin tin with plastic wrap or use flexible small chocolate forms. Pour the chocolate mixture into each plastic lined muffin tin or chocolate form. Place in the freezer and begin the nut layer.

Prepare the nut layer by melting the coconut oil for ease of mixing. Add nut butter and coconut oil together and then add slippery elm and licorice root. Mix well. After mixing, pull the chocolate cups from the freezer and pour one spoonful over each chocolate cup, then return to the freezer. Let the treat sit in the freezer for at least 10 minutes before serving. Keep stored in the freezer and don't leave them out on the counter for more than 20 minutes, as they will melt

and be hard to handle. These frozen treats are oh so simple, so good, and so very good for you while staying on a sweet free diet. Makes 5, medium sized nut cups.

Recipes by Kelly Pomeroy