

# IDEAL PROTEIN DARK CHOCOLATE SMOOTHIE



## INGREDIENTS

### ITEM

IP Dark Pudding Mix  
Water or Cold Brewed Coffee  
Ice Cubes  
Stevia or Monk Fruit, Optional

### QUANTITY

1 Pkt.  
1 Cup  
1 Cup  
To Taste



## PREPARATION

- 👉 In a blender, combine the IP Dark Pudding Mix, water or cold brewed coffee, and ice cubes.
- 👉 Blend on high speed until all the ingredients are well combined and the mixture is smooth and creamy.
- 👉 Taste the smoothie and sweeten it with stevia or monk fruit, if desired.
- 👉 Continue blending for a few more seconds to incorporate the sweetener.
- 👉 Pour the dark chocolate smoothie into a glass and serve immediately.
- 👉 Enjoy your delicious and refreshing Dark Chocolate Smoothie!