**Metabolism Boosting Chocolate Almond Shake**

Prep Time 5 minutes

Servings [1](https://www.suburbansimplicity.com/metabolism-boosting-chocolate-almond-breakfast-shake/) serving

**Ingredients**

* 1 - 2 Scoops High-Quality Protein Powder (vanilla, chocolate or unflavored)
* 1 Tablespoon Chia and/or Flax Seed
* 2 Tbsps unsweetened cocoa powder
* 1 Tbsp almond butter
* 4 ounces unsweetened almond milk with or without vanilla
* 4 ounces coconut milk full fat
* 1/2 -1 cup ice
* Plus add-ins of your choice flax seed oil, greens, etc.

**Instructions**

1. Place all ingredients in blender and blend until smooth. Enjoy!