Coconut chocolate zucchini smoothie ingredients

This chocolate zucchini smoothie is made without any banana and sweetened just with dates! Here’s what you’ll need to make it:

* **Medjool dates:** feel free to buy your [medjool dates](https://amzn.to/3kakTXp" \t "_blank) pitted or simply take the pit out yourself. Be sure to soften the dates before using them — see below for instructions on how to do so.
* **Coconut milk:** I recommend using [light coconut milk](https://amzn.to/31jCoMo) to help thin the smoothie and give it a creamy, coconut flavor.
* **Cauliflower:** we’re adding a full cup of frozen cauliflower to this chocolate zucchini smoothie, which will keep it cold and thick without using ice (which can become watery).
* **Zucchini:** more veggies! You won’t even be able to taste the zucchini but it adds a wonderful boost of nutrients.
* **Nut butter:** I like using [almond butter](https://amzn.to/31aJLps) or peanut butter, but feel free to use any nut or seed butter you’d like. Tahini would also be amazing for a nut free version.
* **Cacao powder:** we’re getting that decadent chocolate flavor from antioxidant-rich [cacao powder](https://amzn.to/2PnQHdf). Feel free to sub unsweetened cocoa powder if you’d like.
* **Vanilla extract & pinch of salt:** for a little boost of [flavor](https://amzn.to/31jXH0i). Learn how to make your own vanilla extract [here](https://www.ambitiouskitchen.com/how-to-make-vanilla-extract/)!
* **To garnish:** feel free to add fun toppings to this zucchini smoothie with toasted coconut flakes (or regular), toasted sliced almonds, mini chocolate chips or a drizzle of almond butter or chocolate almond butter.