



Deluxe Thick Cacao Smoothie

This thick, creamy and gratifyingly dark smoothie hits the spot if you are after a delicious, guiltfree and highly nutritious choc hit for dessert or a post-workout treat. All the taste with plenty of plant powered goodness; Cacao supplies extra nutrients like Magnesium, antioxidants and a surprising amount of protein (25%), banana contains potassium and complex carb to replenish glycogen, blueberries are high in antioxidants and boost cellular repair. And leaving out dairy allows maximum nutrient absorption and improves your acid-base balance on a biochemical cellular level. Approved by my expert tasting panel.

Serves: 2, Prep time: 00:15, Cook time: -

Instructions

Place all ingredients into a Nutri- bullet.
Blend until smooth. Pour and enjoy!

Ingredients

1) One large frozen banana (ie about a cupful), freeze in 1cm chunks for anytime availability).

2) 1/2 cup of organic cacao powder

3) 1 cup of almond milk (or your preferred plant-based milk, ie soy/oat etc)

4) 1/2 cup of frozen blueberries

5) 1/2-1 cup of water (still pretty thick with one cup)

