

CHOCOLATE AND BANANA SMOOTHIE

Ingredients

35g cacao nibs
2 large ripe bananas, cut into
chunks (frozen or fresh)
2 tbsp milled seed and goji mix
200ml milk (use almond milk if
dairy intolerant)
6 large strawberries (frozen or
fresh)
2 tbsp Agave or Honey
Ice cubes

Method

1. Place all ingredients into a blender. If you are using fresh fruit instead of frozen, add a handful of ice cubes too. Blend for 4-5 minutes or until the cacao nibs have dissolved and are no longer gritty.