

Blueberry Cacao Smoothie

Recipe by NATHALIE GUDGEON
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	572 kj	5%
Energy (kcal)	138 kcal	6%
Fat	9.1g	9%
<i>of which saturates</i>	3.6g	9%
Carbohydrate	9.8g	3%
<i>of which sugars</i>	8.6g	9%
Fibre	2.5g	7%
Protein	2.8g	9%
Salt	0.09g	4%

Generated by Nutritics

INGREDIENTS:

- 190g fresh blueberries
- 120g frozen banana (around 1 peeled banana)
- 100g avocado (around ½ avocado)
- 25g walnuts (**NUTS**)
- 60g coconut yogurt
- 30g cashew butter (**NUTS**)
- 1 tbsp cacao powder
- 250ml water
- 250ml coconut water
- 1 Mejadool date (de-stoned)

OPTIONAL EXTRAS:

- 1 scoop Protein Powder
- 1 handful of raw baby spinach leaves
- 8 -10 ice cubes if you prefer a colder drink

METHOD:

1. Place all the ingredients into a high powdered blender and process until smooth. Add more water if you prefer a runnier consistency. You can also add ice if you prefer a cooler drink.
2. Serve immediately as a nutritious breakfast or pick me up during the day

ALLERGENS



TREE NUTS

MODIFY

To make the recipe nut free you can exchange walnuts for pumpkin or sunflower seeds and cashew butter for tahini/coconut butter

CREDIT

Recipe by: Nathalie Gudgeon
Photo by: Nathalie Gudgeon