

## **Black forest Smoothie**

I love anything with cherries in and my favourite cake is black forest gateaux (I really must try to make a healthy version of that!) So this is my take on a black forest smoothie. Super thick and sweet with raw cacao nibs for that hint of bitter chocolate. LUSH!



- 1 cup cherries – fresh or frozen (obviously make sure these are pitted if they are fresh)
- 4 dates
- Handful spinach
- 5 almonds
- Tablespoon raw cacao nibs
- 300ml coconut milk
- 5 blueberries

I love bitter chocolate but if it's too strong for you then half the amount of cacao nibs or add an extra date and the sweetness will balance out the bitterness of the cacao.