

## Toasted Coconut and Coffee Smoothie



Good at any time of the day, this ice cold smoothie gives you a coffee kick and tons of antioxidants all in one!!

TIP - The easiest way to make this smoothie is to make a large cup of strong coffee, pour it into ice cube trays and leave in the freezer so whenever you want this you have some iced coffee cubes at the ready. I'd also recommend toasting some coconut and keeping it in a bag ready to use if you're going to have this regularly.

To make 1 large or 2 small smoothies you'll need;

- 1 banana
- 1/2 cup of cold, strong coffee or 6 iced coffee cubes if you've followed my advice above
- 300 ml coconut milk
- 1 tablespoon flaxseeds
- ½ tsp vanilla extract
- 1 tablespoon desiccated coconut

Place a dry frying pan on a low heat and throw in the coconut (this could be done in advance to save time. Toast a fair bit and keep it in an airtight container so you can make this in seconds next time). Keep an eye on it as it will only take 2-3 mins to start to turn brown. Toasting the coconut really brings out the flavour.

Place the rest of the ingredients into your blender and whizz up!! Add ½ tbsp. of the toasted coconut and whizz up again. Pour into a glass and top with additional coconut. This is one that you will most certainly have again and again. Lovely on a Summers morning.