

Raw Chocolate and Banana Smoothie



This smoothie is full of chocolatey goodness. Did you know that raw cacao is packed full of fibre, protein, antioxidants and phytonutrients which can help to fight disease and slow down the aging process? Take my advice and add some to your smoothies today 😊

- 1 tbsp. coconut oil (yes, tablespoon)
- 1 tbsp. raw cacao nibs
- 300ml almond milk (or any milk you prefer)
- 1 tsp flaxseeds
- 1 banana
- 1 tsp. honey
- Handful of nuts of your choice
- Shot of espresso (hot or cold – this is nice either way)

If you are using cold coffee, just put everything into the blender and blitz until smooth. Then serve into a glass.

If you are having this warm, blend everything up except the coffee. After blending, pour the smoothie into a mug and drop the shot of espresso into the mug at the last second. Mmmmmmm!