

Pear, Avocado, Ginger and Nutmeg Smoothie



This lovely smoothie is sweet thanks to the banana and honey with an added kick from the ginger and nutmeg.

For one large smoothie you'll need:

- ½ banana
- ½ inch piece of fresh ginger
- 5 almonds
- 1 tbsp. oats
- Flesh of 1 avocado
- 1 tsp. maca powder
- ½ tsp. freshly grated nutmeg
- 300ml almond milk
- Squeeze honey
- Scoop protein powder (optional)

Place all of the ingredients except the nutmeg into a high powered blender such as a nutribullet and blend until smooth. Finish by topping with the freshly grated nutmeg.