

## **Almond and Coconut Smoothie**

Apart from being a very tasty and filling smoothie – this is also packed with nutrients. Macca Powder is especially good for women as it is linked to helping to relieve hormonal symptoms. Bananas are rich in pectin which aids digestion; apples are extremely rich in antioxidants and bee pollen is one of nature's most completely nourishing foods.



Nothing difficult about this. Just place everything into a nutribullet or blender and blitz until smooth.

- 1 small banana
- 1 apple, core removed, skin left on
- 200ml coconut milk
- 1 tsp macca powder
- 1 tsp bee pollen
- 1 tsp almond nut butter