



CHOCOLATE MYLK, BLUE NUTTER AND GREENA COLADA SMOOTHIES BY MAGGIE GRAY

CHOCOLATE MYLK

SERVES:

1

INGREDIENTS:

- 1 banana fresh or frozen
- 1 handful of ice
- 1 cup almond milk
- ¼ cup cashew nuts
- 2 tsp. cocoa powder
- 3 pitted dates
- 1 tsp. cocoa nibs
- 1 sprigs of mint

METHOD:

blend all the ingredients together on high speed till completely smooth.
Garnish with cocoa nibs and mint.

BLUE NUTTER

SERVES:

1

INGREDIENTS:

- 1 cup almond milk
- 1 tsp. chia seeds
- 1 cup fresh or frozen blueberries
- ½ fresh or frozen banana
- 1 heaped tsp. smooth peanut butter
- ½ tsp. cinnamon (optional)

METHOD:



blend all the ingredients together on high speed till completely smooth.
Garnish with extra chia seeds.

Tip – The blue nutter is a great smoothie to hide leafy greens in for the kids as the blueberry colour and flavour is vibrant it will overpower the other flavours.

GREENA COLADA

SERVES:

1

INGREDIENTS:

1 cup coconut water/tap water
1 cup fresh/frozen or canned pineapple
1 tsp. spirulina
1 small bunch spinach/ leafy greens
½ banana fresh or frozen
1 handful of ice
shredded coconut to garnish

METHOD:

blend all the ingredients together on high speed till completely smooth.
Garnish with shredded coconut.

FURTHER LINKS:



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