

# CHOCOLATE AND BANANA SMOOTHIE

## Ingredients

35g cacao nibs  
2 large ripe bananas, cut into  
chunks (frozen or fresh)  
2 tbsp milled seed and goji mix  
200ml milk (use almond milk if  
dairy intolerant)  
6 large strawberries (frozen or  
fresh)  
2 tbsp Agave or Honey  
Ice cubes

## Method

1. Place all ingredients into a blender. If you are using fresh fruit instead of frozen, add a handful of ice cubes too. Blend for 4-5 minutes or until the cacao nibs have dissolved and are no longer gritty.