

Frozen banana, avocado & cacao super smoothie



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Preparation 5 mins | Makes 2

- 2 cups reduced fat milk
- 2 peeled frozen bananas, broken into pieces
- 2 tbs cacao*
- 1 tbs white chia seeds
- ½ ripe small avocado, halved and seed removed

STEP 1 Combine milk, frozen bananas, cacao and chia in a blender.

STEP 2 Scoop in avocado flesh. Blend until smooth. Pour over ice in serving bottles or glasses and serve.

**Cacao powder is loaded with beneficial antioxidants. It is made by cold-pressing unroasted cocoa beans, this process keeps the living enzymes in the cocoa and removes the fat. It's available from the health food shops.*

Good for you... **BANANAS**

A good source of vitamins B6 and folate. Vitamin B6 is needed for the body's nervous system and folate is important for making red blood cells. A source of antioxidant vitamins E and C (vitamin C also helps protect us against infection). A good source of dietary fibre and also provides potassium.

