

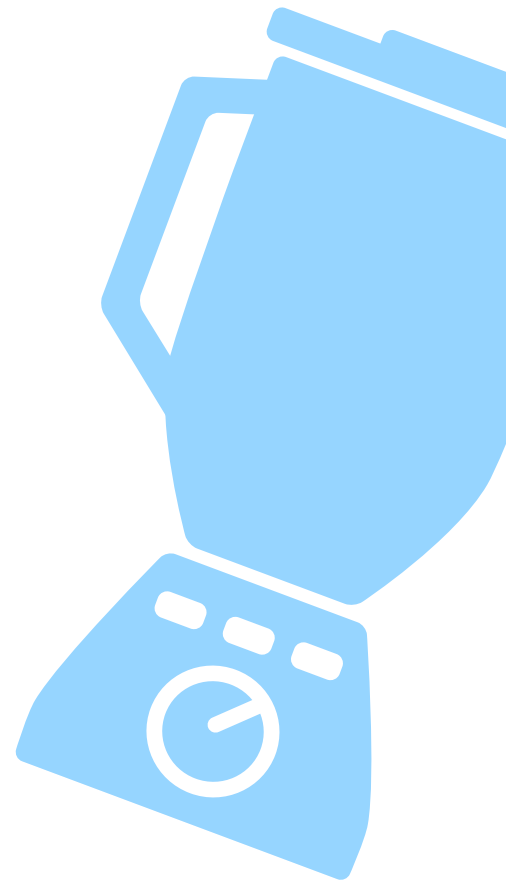
# CHOCO-BLUEBERRY SMOOTHIE

## Ingredients

1 banana (the riper the better)  
1 cup of blueberries  
1-2 tablespoons of cacao/cocoa powder  
3-4 medjool dates (pits removed)  
1-2 tablespoons of flaxseed (aka linseed)  
Handful of greens (spinach or kale)  
2-3 cups of water  
¼ cup of oats

Optional extras:

¼ teaspoon of turmeric powder  
1 tablespoon of chia seeds  
¼ cup of almonds (a small handful)  
Half cup of frozen zucchini  
Half cup of chickpeas



## Method

Place all the ingredients in a blender. Blitz for 1-2 minutes (depending on how powerful your blender is). Blitz until completely smooth (you don't want any big chunks).

Note: This recipe produces a lot of smoothie. You don't need to consume all of it in one sitting. I usually pour any extra smoothie into a jar and store in the fridge to have later in the day.

Cost per serve: \$1.75

Makes 2 serves (\$3.50)