

Blend and ENJOY!

Chocolate Powerhouse Smoothie



**TIME TO
PREPARE**

5
minutes



**COOK
TIME**

0
minutes



SERVING

4 Smoothies



PREPARED BY

<https://www.swsas.org.au/>

Ingredients

- *1 cup Coconut Milk*
- *1 scoop Chocolate Protein Powder or 1 Tbsp Raw Cacao Powder*
- *1/2 cup Blueberries*
- *1 cup Spinach or Kale*
- *1 Banana (try frozen)*
- *1 Tbsp Nut Butter*
- *Ice*

Method

01. Add ingredients into a blender and blend until smooth and creamy. Add ice depending on temperature preference.
02. Frozen bananas work best in smoothies. Peel, slice in half, and place in a large zip lock bag in the freezer overnight.
03. Add more spinach and kale to increase nutritional benefits.
04. ENJOY!

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