

Serves 1-2



Ingredients

- · 1 handful of watercress
- 1 half a banana
- 2 tbsp pure almond butter
- 2 tbsp organic whey protein powder
- 1 tbsp cacao powder (preferrably raw cacao)
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 fresh medjool date (optional)
- 300ml unsweetened soya or almond milk



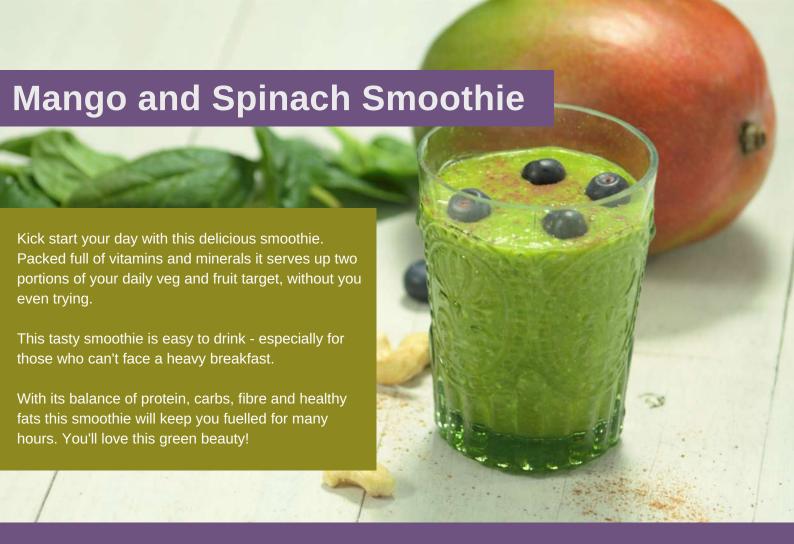
Method

Put all ingredients (starting with the solid foods, then the liquid) in your blender and blend until smooth.

Once ready, pour in a glass and sprinkle with more cinnamon and cacao powder.

If you like a bit of crunch, you can sprinkle on some chopped almonds, or some more cinnamon.





Serves 1



Ingredients



- One handful of cashew nuts, ideally soaked for a least one hour in cold water and then drained
- 150 200 ml of unsweetened almond/coconut/ soya milk
- 2 big handfuls of organic baby spinach leaves
- 1 scoop of protein powder (optional)
- 1/2 tsp of vanilla paste or extract (not essence)

Optional toppings

 Choose from blueberries, pomegranate arils, berry fruit, chopped mango, chia seeds, hemp seeds



Method

Put all the ingredients in your blender and blend until smooth.

Add more milk if the smoothie is thicker than you like.

Once ready, pour in a glass. You can then dress it with your favourite choice of toppings.

That's it!







Serves 1



Ingredients

- 150g raspberries (can be frozen)
- · 100g of raw red cabbage
- 1 tbsp almond butter
- 1 tbsp cacao, or cocoa, powder
- 1 tbsp hemp seed hearts, or chia seeds
- A quarter banana
- 150 200ml unsweetened coconut milk
- Cacao powder or cinnamon, to sprinkle
- · A few raspberries for decoration



Method

Put all the ingredients in a blender and process until really smooth.

Pour into a glass. Dress with a couple of raspberries and sprinkle with cacao/cinnamon, if desired.

