



RASPBERRY CACAO SMOOTHIE

Inspiring you all this week with another simple smoothie recipe combining the flavours of raspberry, banana and cacao. This is great as a breakfast starter or mid morning/post work-out brunch.

Serving Size: 1

Ingredients:

1 cup frozen *raspberries*

1 small *banana* (unfrozen)

1/2 cup *raw cashews*

1 tablespoon *hemp seeds*

1 teaspoon *organic cacao powder*

1 cup *coconut water*

Method:

Place all ingredients into a blender (or your preferred appliance for smoothie making) and blend until smooth. Enjoy.

Inspiration:

Try adding a couple of extra bananas (though frozen) and raspberries to make a delicious ice-cream like summer treat. Enjoy.

Dairy Free | Vegan | Refined Sugar Free

To see more from Meg Phillips visit her instagram page [here](#)