



COCONUT SMOOTHIE

BEVERAGES

19

5 minutes - PORTIONS: 1

INGREDIENTS

300 ml coconut milk

10 g cocoa powder

20 ml honey or 2 dates, soaked

3 ml vanilla extract

25 g hemp or flax seeds

30 g coconut flakes

METHOD

1 Combine all of the ingredients until the mixture is smooth and uniform.

2 Serve immediately.

