

Choc-oat smoothie (vegan)

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d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1";  
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po.src = 'https://apis.google.com/js/plusone.js'; var s =  
document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
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Healthy smoothie recipes from Adele at Vegiehead.

Ingredients

- ¼ cup of rolled oats (gluten free optional)
- 1½ to 2 cups of almond milk (see recipe)
- 1 frozen [banana](#)
- 1 medjool date
- 1 drop hazelnut extract (optional)
- 1 tbsp coconut oil
- 1 tbsp raw cacao powder
- 1 tsp spirulina
- 1 tsp chia seeds
- 1 tsp raw almond butter

Process the oats into a smooth powder. Add remaining ingredients and blend until smooth. Slurpy-slurp!

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