

Cacao & mint smoothie

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Cacao & mint smoothie

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A delicious smoothie recipe that combines raw cacao, bananas, mint and coconut milk.

Ingredients (serves 1)

- $\frac{1}{4}$ cup rolled oats
- $\frac{1}{2}$ cup coconut milk
- $\frac{1}{2}$ cup loosely packed spinach
- $1\frac{1}{2}$ tbsp [raw cacao](#)
- $\frac{1}{2}$ cup unsweetened almond milk
- $\frac{1}{2}$ frozen banana
- 1 tsp rice malt syrup or honey
- Handful fresh mint leaves
- Cacao nibs to garnish (optional)

Method

Blend the oats to a fine flour, then add remaining ingredients. Blend again until thick and frosty. Garnish and serve.

Recipe from Sally O'Neil, the-fit-foodie.com

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