

Raw Cacao and Avocado Smoothie

Ingredients

1 ripe avocado
4 medjool dates or 8 dried dates
1 banana or 1 tbsp maple syrup (not both)
2 tbsp raw cacao
1/8 tsp cinnamon
1/8 tsp cardamom
2 tbsp hemp seeds
1½ - 2 cups soy milk or coconut milk (use 2 cups if you want a smoothie or 1½ cups if you want a mousse)
Dried or fresh fruit for garnish
Sprig mint for garnish

Method

Place everything in the blender and blitz until smooth. Place in a glass and decorate with dried or fresh fruit and a sprig of mint.



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