



Superfood Shake

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Prep 10 minutes



Makes 1.5L / Serves 4

85g blanched almonds

400g frozen blueberries

1 tablespoon raw maca powder

55g fresh young coconut flesh, chopped

800ml chilled coconut water

Method

1. Place ingredients into blender jug and secure lid.

 **SMOOTHIE** until program finishes.



Prep 10 minutes



Serves 1

25g blanched almonds

200g frozen blueberries

2 teaspoons raw maca powder

55g fresh young coconut flesh, chopped

400ml chilled coconut water

Method

1. Place ingredients into personal blender cup and secure blade assembly.

 **SMOOTHIE** until program finishes.

Tip: raw maca powder is available from health food stores.