

'Energy Blast' smoothie

This smoothie certainly packs a punch! Full of too many nutrients to mention. Great as a breakfast 'on the go' too.

Equipment:

Blender

Ingredients:

1 frozen banana
5 strawberries
2 cups of milk
2 dates
1 tbsp each of:
Ground flaxseeds, pumpkin seeds,
chia seeds, walnuts, superfood
powder, goji berries.



Top Tips: You can switch around the nuts and seeds to try some other of your favourites. Aldi do milled linseeds and chia seeds – you'll find them in the cereal section.

Method:

1. Add all ingredients into blender
2. Blend and depending on desired consistency add more milk if necessary
3. Pour and enjoy :)

Top Tip: Buy a good smoothie container with a secure lid as smoothies are great to have when you are on the go. You can often find them in health food stores, sports stores or in TK Maxx at times.

Top Tip: Buy bananas in bulk, peel, chop into 1 inch chunks and freeze – perfect for creating a creamy texture in your smoothie.