

# 'Superfast Superfood' smoothie

*This is a very quick and easy yet nutritious smoothie*

## Equipment:

Blender

## Ingredients:

- 1 frozen banana
- 4 dates
- 1 ½ cups of milk
- 1 tbsp superlife smoothie mix (or other powered green superfoods) (start with a tsp to get used to taste first)
- 2 tbsp sesame seeds (optional)



**Top Tips:** By varying the milk you use you can get different flavours, try rice, soy, almond, hazelnut or coconut milk for variety.

## Method:

1. Chop the dates (or presoak them if you have time)
2. Add all ingredients into blender
3. Blend and depending on desired consistency add more milk if necessary
4. Pour and enjoy : )

**Top Tips:** 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.

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