

# OVĀVO AVOCADO SUPER SMOOTHIE


*This smoothie, full of protein and healthy fats, will put a smile on your face and keep you charging on for hours.*

## INGREDIENTS

- 6 ripe bananas
- 4 cups of milk (we use Oat milk)
- 5 tbsp of almond butter (or peanut butter)
- 4 tbsp good-quality cacao powder (or cocoa powder)
- 4 tbsp hemp seed powder (not essential if you don't have)
- 4 tsp honey (optional)
- 10 ice cubes
- Toasted whole buckwheat groats and desiccated coconut (optional for serving)
- 1-2 tbsp of OVĀVO avocado powder

## RECIPE

1. Put all the ingredients (apart from buckwheat and coconut) into high-speed or bullet blender and whizz until silky smooth.
2. Serve in glasses with buckwheat and coconut sprinkled on top for crunch if you want to be fancy.

 **PREP/COOK TIME 10 MINS**

 **SERVINGS 4**