

## Chocolate Raspberry Coconut Smoothie

Yeilds 2 servings

1 Banana  
1 1/2 – 2 cups Frozen Raspberries  
1 400 ml can Coconut Milk ( 1 3/4 c) - chilled  
1/2 cup chilled Coconut Water  
2 Tbsp Maple Syrup (optional)  
3 Tbsp Cocoa  
1/2 t Cinnamon (optional)  
1/2 T Vanilla extract (optional)

Blend all together in a blender, adjust to taste and enjoy

For most smoothies have approx 2 1/2 cups of liquid and approx 3 cups of frozen fruit

\*Bananas or Dates make a lovely natural sweetness without adding any other sugars

Options for Liquids:

Any fruit juice, Milk or Milk Alternatives or Water

Options for fruits etc... : Preferably frozen but not necessary, chopped for larger fruits like peaches or melons

All berries, melons, Avocados, peaches, Protein powder or other pro/pre-biotic , Greens Powders , Dark leafy Greens, can also used canned fruits – utilizing the juice as well