



Choc Mint Smoothie

Servings: 1

Prep Time: 5min + 4hrs soak

Cook Time: 0

Ingredients

- 2 tablespoons flax seeds (preferably soaked in water for a few hours)
- 125ml or half of whatever glass you're using of water
- 1-2 zucchini OR 1 small piece of raw broccoli OR 2 large spinach leaves
- 1 heaped tablespoon of cacao or cocoa powder
- 3 or 4 fresh mint leaves (can be left out)
- 2 drops organic peppermint essential oil
- 2 blocks of 70% or 85% Dark chocolate for extra chocolate Crunch OR cacao nibs
- 1 banana
- A quarter of an avocado

Directions

1. Place your flax seeds in the blender with some water and pulse a few times then leave it to sit and swell for 15 + minutes.
2. Place everything except the dark chocolate/cacao nibs to the blender and blend until smooth.
3. Pour into 1 large glass or two medium glasses
4. Coarsely chop up your chocolate and stir through the smoothie