



# Cacao Banana Smoothie

Linda Roderigues, ND  
Serves 1

I buy the largest organic bananas I can find, then when ripe peel them and store them whole in zip type quart-sized bags in freezer until needed.

- 1/4 cup Nuts (cashews, walnuts, almonds, etc.)
- 1 tbsp Lecithin granules (optional, not a raw ingredient)
- 1 rounded tbsp ground raw Cacao Nibs (grind in coffee grinder)
- 1 tbsp ground raw Cacao Powder
- 1/4 to 1/2 cup Water as needed
- 2 large peeled & frozen Bananas, sliced
- 1/4 to 1/2 cup additional Cold Water or as needed for consistency

Grind nuts to a powder in blender.

Add lecithin (if using).

Add cacao nibs and powder.

Add enough water to cover blades of blender and blend until smooth.

Add frozen banana slices and just enough water to blend.

Blend until smooth & creamy.

Scrape into tall glass and drink immediately.

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