



Superfood Shake

Breville

Superfood Shake



Prep 10 minutes



Makes 1.5L / Serves 4

85g blanched almonds

400g frozen blueberries

1 tablespoon raw maca powder

55g fresh young coconut flesh, chopped

800ml chilled coconut water

Method

1. Place ingredients into blender jug and secure lid.



SMOOTHIE

until program finishes.



Prep 10 minutes



Serves 1

25g blanched almonds

200g frozen blueberries

2 teaspoons raw maca powder

55g fresh young coconut flesh, chopped

400ml chilled coconut water

Method

1. Place ingredients into personal blender cup and secure blade assembly.



SMOOTHIE

until program finishes.

Tip: raw maca powder is available from health food stores.