



Superfood Shake

Breville

Superfood Shake



Prep 10 minutes



Makes 50oz (1.5L) / Serves 4

½ cup (70g) whole blanched almonds

3 cups (400g) frozen blueberries

4 teaspoons raw maca powder

Flesh of 1 young coconut, chopped

2 cups (720ml) chilled coconut water

Method

1. Place ingredients into blender jug and secure lid.

 **SMOOTHIE** until program finishes.



Prep 10 minutes



Serves 1

¼ cup (35g) whole blanched almonds

1½ cups (200g) frozen blueberries

2 teaspoons raw maca powder

Flesh of ½ young coconut, chopped

1 cup (240ml) 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.