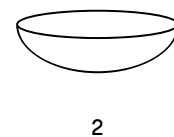
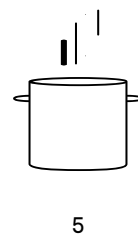
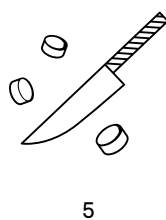




Avocado and Banana Smoothie with Raspberry Syrup

A creamy delicious drink rich in B vitamins, mood boosting tryptophan and magnesium to calm and soothe frazzled nerves. Avocados are also a great source of vitamin E and monounsaturated fats – great for a healthy heart and silky soft skin. By adding a little cool oil to the smoothie you can also boost your intake of healthy essential fatty acids – a great way to get kids to eat them without even knowing! The raspberry syrup is delicious drizzled over the top of the smoothie and also makes a great sauce for puddings, pancakes, ice-creams or stirred into natural yogurt for a quick tasty dessert.



Ingredients

Smoothie:

1 small banana, sliced

1 small avocado, peeled and stone removed

2 tbsp The Groovy Food Company Agave Nectar Rich and Dark

2tsp The Groovy Food Company Omega Cool Oil

300ml (10floz) chilled milk or milk alternative e.g. soy, oat or rice milk

Raspberry Syrup:

Directions

1. First make the raspberry syrup. Place the raspberries and the agave nectar in a blender or food processor and whizz until smooth.
2. Pass through a sieve to remove the seeds.
3. Pour into a bottle or jar and keep in the fridge until needed. You can keep the syrup in the fridge for up to a week – it also freezes well.
4. Using a food processor blend the banana, avocado, agave nectar and cool oil together until smooth.
5. Add sufficient milk to make a thick creamy drink.

225g (8oz) fresh or frozen raspberries

30ml (2tbsp) The Groovy Food Company Agave
Nectar Light Amber and Mild

6. Pour into glasses and drizzle over a little raspberry
syrup. Serve immediately.