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# SUPER GREEN SMOOTHIE BOWL

 GF, RSF, VEG  5 mins  2 (or 1 large smoothie)

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## Ingredients

- 2 cups baby spinach
  - 1 large frozen banana
  - ½ lebanese cucumber, roughly chopped
  - 1 medjool date (stone removed)
  - 5 brazil nuts (you could also use a tbs of nut butter instead)
  - 2 tbs coconut paste\* (or you could use flaked or shredded coconut)
  - 1 tsp spirulina powder
  - ¼ tsp vanilla powder
  - ½ cup almond milk
  - ¾ cup water
  - ½ cup ice
  
  - Smoothie bowl toppings (optional):  
Fresh raspberries, passionfruit,  
kiwifruit, blueberries and a muesli or  
granola of your choice
- \* Coconut paste can be found in most health food stores or even the health food aisle in your supermarket.



## Method

1. Add all the smoothie ingredients into a blender and blend until very smooth.
  2. Pour into a bowl, sprinkle over your favourite toppings, and enjoy!
- \* You could also add a little extra water and enjoy it as an ice cold smoothie.

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