

THAI GREEN SMOOTHIE

INGREDIENTS

- 150ml Coconut Water
 - 150ml Coconut Cream
 - 1/2 Avocado
 - 3 Handfuls of Spinach
 - 3 Handfuls of a Leafy Green (Kale, Tuscan Cabbage, Chard etc)
 - 1 Cucumber
 - A Small Handful of Basil
- A Small Handful of Coriander
 - Juice of 1/2 a Lemon or Lime

Optional Superfoods:

- A Teaspoon of Fibre Supplement
 - A Teaspoon of Maca
 - A Dessert Spoon of Chia Seeds
 - 1 Hot Chilli!

Directions:

1. Start by creating the smoothie base: blend the coconut cream, coconut water and avocado together
 2. Now add the greens: cucumber, spinach and other green leaves, and blend some more
 3. Next add the herbs and 'superfoods'
 4. You could chili as an option. Then adjust by adding a little more coconut cream or water to get your desired thickness, creaminess and cocoliciousness!

