

# Choc-Banana Smoothie Bowl



*A few weeks ago we teamed up with Grace from Grace Cecilia Nutrition. Grace is a nutrition student & food blogger from Brisbane who is passionate about healthy eating and living an active lifestyle. Grace shared with us one of her favourite smoothie recipes using organic raw cacao, maca powder and our very own gourmet paleo muesli. Enjoy!*

*From Grace;*

This chocolate banana smoothie bowl is perfect for breakfast or to have as dessert.

I'm a huge smoothie bowl fan especially when they feature raw cacao powder, peanut butter and banana. Have you ever tried a more delicious combination?

The recipe features two of my favourite superfoods:

- **Raw cacao powder** which I love because it is high in antioxidants and magnesium and studies have found that raw cacao powder can help to regulate blood pressure and cholesterol while building the immune system; and
- **Maca powder** which is known for its positive effects on hormone balance, energy levels and a health booster. It's a yes from me!

I chose to top the smoothie with the gourmet paleo muesli from Affordable Wholefoods, which is a healthy blend of coconut, nuts and seeds. Nuts and seeds are a fantastic source of protein, fibre and healthy fats".

**Serving size: 1**

## **Ingredients:**

### ***Smoothie base***

1 large ripe frozen banana (cut into small pieces before freezing)

1 tbsp raw cacao powder

½ tsp maca powder

½ ripe avocado

1 cup coconut milk (or almond milk)

1 tbsp natural peanut butter

1 tbsp rice malt syrup (optional)

Handful of ice (about 4 ice cubes)

### ***Toppings***

Blueberries

Strawberries

Gourmet Paleo muesli

Extra drizzle of natural peanut butter

### **Method:**

1. Blend all of the smoothie base ingredients in a high speed blender or nutribullet until smooth and thick.
2. Pour into a bowl and top with blueberries, strawberries, paleo muesli and an extra drizzle of peanut butter.
3. Enjoy immediately.

**Gluten Free | Dairy Free | Vegan | Paleo**