

Recipe No. 39/2014

Quirky Cooking - Coconut green chai smoothie

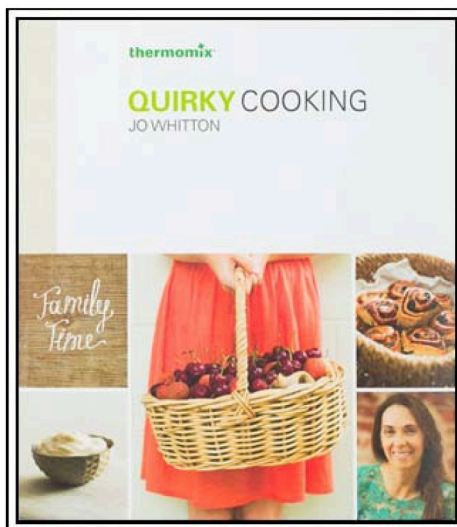
In preparation for our very exciting cookery class in Johannesburg on Saturday, we have given you a sneak preview of one of the recipes taken straight from Jo Whitton's Quirky Cooking. These books will be available shortly in South Africa.

Serves: 4 people

Total Preparation time: 5 minutes excluding freezing time for the bananas

Ingredients

100g raw cashew nuts, soaked, rinsed and drained, or activated (come to the class to find out more)
3 Medjool dates, pitted
1-2 cm cube fresh ginger, peeled
¼ tsp ground nutmeg
½ tsp ground cinnamon
1 tsp natural vanilla extract
50g fresh baby spinach leaves or baby cos lettuce
660g unsweetened coconut water or filtered water
200g bananas, peeled, cut into 2-3cm pieces, frozen
250g ice cubes



Method

1. Place cashews and dates into mixing bowl and mill **10 sec/speed 9**
2. Add all remaining ingredients and blend **2 min/speed 9**. Serve immediately.

Cook's notes

- Keep frozen banana pieces in the freezer for quick use in this recipe.

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