

Recipe No. 14/2013

# Tracey's Smoothie Special

This smoothie is high in essential fats, which the body converts into energy.

Makes 6 glasses

Preparation time: 2 minutes

## Ingredients

25g Almonds  
20g Pumpkin Seeds  
10g Sesame Seeds  
Grind of Himalayan Rock Salt  
1 Small over ripe Avocado  
2 Dates  
Dollop of Tahini or Peanut Butter or Coconut Oil  
Dash Of Honey  
3 Ripe Bananas  
275g Water  
100g Ice

## Method

- Blend the almonds, pumpkin seeds and sesame seeds **15 secs/speed 8**
- Add the remaining ingredients. Blend **30 secs/speed 10**. If a finer consistency is required, blend a further **30 secs/speed 10**.

*Recipe of the week this week was contributed by one of our consultants, **Tracey Botha** who has been part of our team for many years as well as running her own Wellness based business. Tracey's priority when preparing meals for her family is healthy and nutritious and she says "A mom with a heart for healthy, energy filled children is what got me here!" Thank you Tracey.*



Thermomix

Approved Thermomix Distributor of 



**PORT-A-KITCHEN**

An extra pair of hands in the kitchen

Tel: 011 974 1171

[www.sathermomix.com](http://www.sathermomix.com)