

Chocolate Orange Smoothie

1 large banana
200ml apple juice
Rind of 1 orange
2 oranges, peeled
1 heaped Tbspn raw cacao powder or cacao nib (to taste)

Place all ingredients in blender and blend until smooth.

Tropical Smoothie

Approx 100gm diced pineapple
Approx 100gm sliced mango
1 kiwifruit, skin scraped to remove fur & cut into pieces
Pulp of 1 passionfruit
200ml apple juice

Place all ingredients in blender and blend until smooth. For a really cool and refreshing smoothie use some or all of the fruit partially frozen.

Chocolate Berry Smoothie

Approx 250gm mixed frozen berries (I use blueberries, raspberries, boysenberries and strawberries)
Approx 150ml apple juice
1 dessertspoon (adjust to suit your personal taste) raw cacao powder or nib

Partially defrost the berries so they are slightly soft but still very cold (I find leaving them in the fridge for the day or on the bench for an hour or two works well). Place all ingredients in a blender and blend until smooth (time will depend very much on your blender).

Variations:

- Add a small banana for a thicker consistency and more filling drink
- Substitute the berries for frozen pitted cherries