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7'



level 1



Smoothie

### Ingredients

30 g dried goji berries  
25 g dried mulberries  
300 ml rice drink  
1 tsp cocoa powder  
1 tsp bee pollen  
1/2 pear  
1/2 banana  
8 strawberries  
1/2 lime  
vanilla powder  
2 tsp lucuma or baobab powder  
2 tsp raw cocoa powder

## Strawberry & pear

### Preparation

1. Place 30 g dried goji berries, 25 g dried mulberries, 300 ml rice drink, 2 tsp cocoa powder and 1 tsp bee pollen in a bowl and let it steep overnight.

2. In the morning slice 1/2 pear, 1/2 banana and 8 strawberries. Place the fruit in a blender together with the juice of half a lime and the rice milk mixture.

4. Season with a pinch of vanilla powder, 2 tsp lucuma or baobab powder and 2 tsp raw cocoa powder.

5. You can also add 2 tsp hemp powder to this smoothie if desired.

This breakfast smoothie will help you start your day full of energy!

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