



Smoothie

Ingredients

30 g dried goji berries
150 ml berry juice
4 tbsp sheep's milk yoghurt
(or goat's milk yoghurt)
1 banana
1 tbsp cocoa powder
1 kl lucuma- of baobadpoeder
1 tsp lucuma or baobab powder
vanilla powder
2 tbsp sweet nuts and seeds mix

Powerful berry smoothie

Preparation

1. Steep 30 g dried goji berries for one hour (or overnight) in 150 ml berry juice of your choice.

2. In the morning place 4 tbsp sheep's milk yoghurt or goat's milk yoghurt in a blender. Add half a banana or a whole banana, the soaked goji berries, 1 tbsp cocoa powder, 2 tsp lucuma or baobab powder, 1 tbsp coconut blossom sugar and some vanilla powder to taste.

3. Blend well then pour in the berry juice until you obtain a delicious, smooth mix.

4. Pour the smoothie in a glass and decorate with 2 tbsp sweet nuts and seeds mix.

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