



Heart-Nourishing Smoothie

Ingredients (1 large glass or 2 small) :  **< 5 min**

- 1 ripe banana
- A handful of red berries (fresh or frozen)
- ½ small cooked beetroot
- 200 ml plant-based milk (almond or oat)
- 1 tsp raw cacao (optional)
- 1 tsp honey or maple syrup
- A pinch of cinnamon
- A pinch of ground ginger
- Pomegranate seeds or chocolate shavings

Instructions :

- Peel the banana and cut it into pieces.
- Add all the ingredients to the bowl of a blender.
- Blend on high speed for 30 to 60 seconds, until smooth and creamy.
- Pour into one large glass or two small glasses.
- Sprinkle with pomegranate seeds or chocolate shavings.
- Enjoy immediately to preserve freshness and vitality, though it can be kept for a few hours in the refrigerator in an airtight container.

Plumes des Etoiles