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cocoloco smoothie

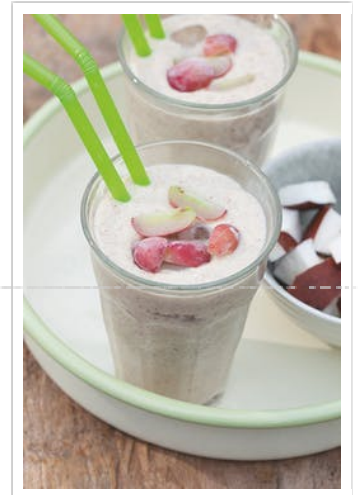
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Based on a recipe from the Kamalaya health resort in Thailand, this has bananas, coconut, cinnamon and tahini – four good ingredients together in a glass. With the banana and sesame seeds in the tahini, this smoothie keeps you feeling full for ages. The liquid in this smoothie is coconut water, which has been used for centuries as a medicinal food in Asia. Here I've used frozen grapes as extra-delicious ice cubes. This is brilliant for breakfast, mid morning or for tea.

For 2 (500ml)

- 350ml coconut water
- 100g peeled banana
- 50g fresh coconut flesh (from brown or green coconuts)
- 1 tablespoon milled organic flaxseeds
- 2 teaspoons tahini
- Pinch of ground cinnamon
- Ice or sliced frozen grapes (optional)

Blitz all the ingredients (apart from the ice) in a blender until smooth and creamy.
Pour into two glasses, with or without ice and grapes, and serve immediately.



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