



Smoothies



This recipe contains basic information. Please view the teaching video for essential techniques to execute this recipe perfectly. **The ingredient weights below supersede those specified in the video.**

Total	Qty	STEP 1: FRUIT KIT
	70 g	Fruit, frozen
140	70 g	Bananas, frozen
180	40 g	Orange
230	50 g	Ice cubes
Total	230 g	

1. Plastic container on scale, weigh ingredients, freezer 1 month

Total	Qty	STEP 1: CHOCORIFIC KIT
	140 g	Bananas, frozen
	~ g	Cacao powder, raw – 1 Tbs
	~ g	Almond butter, sprouted – 2 Tbs
Total	140 g	

1. Plastic container on scale, weigh ingredients, freezer 1 month

STEP 2: BLEND SMOOTHIE	
250 ml	Liquid of choice... nut mylk, seed mylk
~ g	Date syrup – 1 Tbs

1. Blender jar, add mylk and kit, blend

Bon Appétit!

DATE SYRUP	
200 g	Dates
200 g	Water, purified
400 g	

Blender jar on scale, weigh ingredients and blend until smooth

SUPERFOOD ADD ONS	
~ g	Powder superfood – 1 tsp <i>(liquid in Step 2 remains the same)</i>
~ g	Fruits or vegetables – handful <i>(add 20-30ml liquid to Step 2)</i>



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