



MACADAMIA & GREEN APPLE SMOOTHIE

*Another inspiring recipe from contributor Sarah Follent of **Baked Livingness**, Brisbane. This time a simple and nutritious smoothie recipe for a light breakfast or snack. This one can be consumed at room temperature or cold from the fridge depending on your preference.*

'Super simple, absolutely delightful & completely satisfying'. Free from gluten, dairy, soy, egg, preservatives and refined sugar' – with love, Sarah

Serving Size: 1

Ingredients:

5 raw macadamia nuts

1 tablespoons tahini

1 teaspoon ground cinnamon

2 teaspoons honey

1 green apple (chopped)

1 cup of coconut milk (Sarah used Pureharvest Coco Quench)

Method:

Place all ingredients into your blender or processor and blend until well combined.
Pour into a glass and top with coconut flakes, sliced apple, honey and cinnamon if desired. Enjoy.

Inspiration:

The sky's the limit with what you can do with this smoothie as a base. Substitute the coconut milk for almond, soy or dairy. Use a different nut such as brazil, cashew or almond, and sweeten with maple syrup or rice malt rather than honey as a vegan option.

Gluten Free | Dairy Free | Refined Sugar Free

With winter just arrived, try our **Apple Spiced winter warming smoothie bowl**