



Recipes

Beverages

Banana Split Smoothie

Prep and Cook Time: 20 minutes

Yield: 2 servings

Ingredients:

2 frozen bananas

2 cups frozen strawberries

1 tablespoon coconut oil

2½ tablespoons pure cacao powder (Native Natural or Sunfood)

1-1½ tablespoons yacon syrup or 1 drop of stevia

Directions:

1. Put all ingredients into blender.
2. Blend on high speed until very smooth.