



## CHOCOLATE, SEEDS AND BANANA SMOOTHIE

### INGREDIENTS

- ☑ 1 cup of mixed seeds including:  
Linseed Buckwheat Sunflower  
Seeds Sesame seeds Pepitas
- ☑ 2 tablespoons of k fibre 2 pitted  
dates
- ☑ 1 large icy banana
- ☑ 1 teaspoon of raw cacao powder
- ☑ 2 cups of cold filtered water



Banana



Raw Cacao



Mixed Seeds

### PROCESS

- ☑ Start with 1 cup of mixed seeds, combining linseed, buckwheat, sunflower seeds, sesame seeds and pepitas. Grind the seeds into a powder, using the pulse function on the Ladyship 2 tablespoons of k fibre prepare 2 pitted dates
- ☑ Soaked for an hour in 1/3 cup filtered water, add the liquid dates, rich in minerals to the ground up seeds and k fibre Throw in a large icy banana cut in pieces to the mix Sprinkle one teaspoon of raw cacao powder, finally, pour two cups of cold filtered water into the mix.
- ☑ Blend well until you are happy with the smoothie consistency and enjoy.
- ☑ This is a big favorite for our grandkids



### ADDITIONAL

Made in the Ladyship and a rich source of calcium, fiber and gut healing foods.