

Happy Monkey Smoothie

Whether you drink this smoothie after a tough workout or just use it as a comfort food, this delicious high energy treat will definitely fill you up and provide many healthful benefits!



MEET THE INGREDIENTS

♥ **Cacao (raw chocolate):** A seed of a fruit of a native American jungle tree. Chocolate is always in season. It is a powerful source of antioxidants. Excellent source of minerals such as magnesium, iron, chromium, manganese, zinc and copper. Also a good source of vitamin C and fiber. Contains the amino acid tryptophan, a powerful mood-enhancing nutrient. Also contains theobromine, a substance that kills the primary bacteria that causes cavities.

♥ **Bananas:** Originated from southeast Asia and can grow year-round. High in vitamin B6 and C, fiber, potassium, and manganese. Also a good source of riboflavin, folate, magnesium and copper. Bananas have been found to lower the risk of cancer!



♥ **Coconut:** Grown in sand and sandy soils where there is lots of sunlight, heavy rains and high humidity. Composed mainly of medium chain fatty acids which provide a fast source of energy. Helps fight off viruses, bacteria and fungal overgrowth!



♥ **Almonds:** Originated from the Middle east and Mediterranean. Season is during late summer to early autumn. Excellent source of vitamin E, fiber, protein, riboflavin, manganese, magnesium, copper, and phosphorus. They are also a good source of niacin, calcium, potassium, iron, and zinc. Almonds have been found to reduce the risk of heart disease!



TRY MAKING YOUR OWN ALMOND MILK!

In a bowl, cover 1 cup of almonds in water for 8 hours. Rinse and discard soaking water. Combine almonds and 4 cups of water in a blender until a white creamy liquid is formed. Filter milk through a nylon or cotton milk filter. Store in an airtight container in the refrigerator for 3 to 4 days.



RECIPE

Makes 2 servings

Prep time: 10 minutes

- 1½ cup Almond milk, unsweetened
- 2 cups frozen banana chunks
- 3 tablespoons cacao nibs
- 3 tablespoons cacao powder
- 2 tablespoons raw almond butter
- ½ cup unsweetened coconut, shredded

Method: Add all ingredients in a blender, mix, and enjoy! Add more almond milk to achieve desired consistency.

Upgrade your smoothie: Add other superfoods such as goji berries or hemp seeds.

Nutrition Facts	
Serving Size 1 cup Serving Per Container 2	
Amount Per Serving	Calories from Fat 297
Calories 500	
	% Daily Values*
Total Fat 33g	51%
Saturated Fat 17g	85%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Potassium 588mg	17%
Sodium 135mg	6%
Total Carbohydrate 63g	21%
Dietary Fiber 22g	88%
Sugars 18g	
Protein 17g	34%
Vitamin A 9%	Vitamin C 23%
Calcium 45%	Iron 19%
*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 45g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g