

Matcha chocolate mint smoothie bowl



DYNAMIX
HEALTH & FITNESS

120g frozen ripe banana
60ml coconut milk (chilled for 2 hours minimum)
1½ tps matcha green tea powder
40g spinach or kale
30g chocolate flavour whey or rice protein powder (optional)
a few drops of peppermint extract
10g chia seeds
10g cocoa nibs
for the topping:
5g dark chocolate (minimum 70% cocoa), grated

SERVES 1

Place all of the ingredients in a bowl and mix well until thoroughly combined.

Refrigerate for one hour or until chilled. Top with the grated chocolate. Serve.

Cover and refrigerate any leftovers and refrigerate for up to 2 days.



PER SERVING:
464 Calories
41g Carbs
30g Protein
20g Fat