

Cholesterol Crusher Smoothie

½	banana
1 cup	blueberries frozen
2 cups	kale or spinach
1/3 cup	cooked oatmeal
1 Tbsp	cacao nibs (or cocoa powder)
10	almonds
1 Tbsp	chia seeds
1/2 cup	water
1 cup	ice

Place ingredients into a blender or NutriBullet (only fill to the max water line), and blend until a smooth consistency is achieved.

What are cacao nibs?

They are dried and fermented bits of **cacao** beans. The texture of our **cacao nibs** is similar to roasted coffee beans and they have a chocolate flavor which is slightly bitter and nutty.

Recipe from: NutriBullet

Michele Blanchet, Registered Dietitian
www.micheleblanchet.ca