

Mint Chocolate & Seaweed Shake

Serves 2

Ingredients:

- 1 tsp dried seaweed flakes (or similar)
- 1 handful raw baby spinach leaves
- 2 tbsp fresh mint leaves
- ½ pint unsweetened almond milk (or milk of your choice)
- 1 large frozen banana (peel and freeze, in chunks, in advance)
- 2 squares of dark chocolate – min 70% cocoa solids (or 2 tbsp cacao nibs or powder)
- 1 tsp vanilla extract
- 4-6 ice cubes (depending on desired thickness)

Instructions:

1. Soak the seaweed in a little water for 10 minutes to soften.
2. When ready, add everything to the blender and blend until everything comes together. Don't worry if you still have a few small dark flecks within the mixture.
3. Pour into glasses and enjoy.

Did You Know?

Seaweed contains a wealth of mineral and macro-elements, vitamins and trace elements. More importantly, seaweed contains natural anti-ageing and anti-cellulite properties, improving the suppleness and the elasticity of the skin by stimulating the renewal of damaged skin cells. It is also an excellent detoxifier which deeply cleanses the skin, while keeping it hydrated and smoothed.

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