

# Banana, Honey and Macadamia Smoothie



## *What you will need:*

- // 1 banana
- // 1 teaspoon honey
- // 250 ml soy milk
- // Pinch of nutmeg
- // 2 tsp roasted macadamia nuts, roughly chopped (optional)
- // Coconut flakes (optional)

## *Directions:*

Blend banana, honey, soy milk and nutmeg. Toast macadamia nuts in a pan over medium heat. Top your smoothie with nuts and coconut.

## *Don't have Macadamia nuts or coconut?*

Make use of what you have at home! Use your favorite nut milk or yogurt if you don't have soy milk. Almonds and hazelnuts are also delicious alternative toppings, as are pomegranate seeds and mint.

*Be creative!*



## *Did you know?*

Do you like your smoothies cold? You can freeze your bananas in advance – this is an excellent way to save and make use of overripe bananas too!