

Chocolate Milkshake Smoothie



Ingredients

200g Frozen Cauliflower

200g Sweet Potato Mash

1 Can Full Fat Coconut Milk

300ml Oat Milk

20g Tahini (Sunflower Butter for Sesame-Free Version)

Agave to taste

Cacao Powder to taste

Ground Cinnamon to taste

Method

At least a couple of hours before you plan on making your smoothie, wash, prick with a fork, then roast your Sweet Potatoes in the oven on Gas Mark 6 for around an hour or until soft. Scoop the flesh out and set aside until cool then refrigerate until needed.

Add all ingredients to a high speed blender or bullet and serve immediately, Enjoy!





- 🌱 **Helps your body fight germs** - full of **Vitamin C**
- 🧠 **Supports learning and brain growth** - contains **Choline**
- 💪 **Builds strong bones** - has **Vitamin K**
- 🌿 **Happy tummy** - lots of **fibre** to help digestion
- ❤️ **Good for your heart** - contains **potassium** and antioxidants
- ⚡ **Gives your body energy** - includes **B vitamins** (like **Vitamin B6**)



- 🥕 **Great for your eyes** - packed with **Vitamin A**
- 💙 **Helps fight off germs** - contains **Vitamin C**
- 💪 **Keeps your body working well** - has **Vitamin B6**
- ❤️ **Good for your heart** - contains **potassium**
- ⚡ **Gives you long-lasting energy** - full of **healthy carbohydrates**
- 🌿 **Happy tummy** - has **fibre** to help digestion
- 🌈 **Helps your cells stay healthy** - contains **antioxidants**



- 🥛 **Gives you energy to play and learn** - contains **healthy fats**
- 💪 **Helps build strong muscles** - has **Iron**
- 🦴 **Supports strong bones and teeth** - contains **Calcium**
- ⚡ **Helps your body use energy** - has **Magnesium**
- 🧠 **Good for your muscles and nerves** - contains **Potassium**
- 🥣 **Makes food creamy and tasty** - great for soups, curries, and smoothies



- 🦴 **Helps build strong bones and teeth** - rich in **Calcium**
- 💪 **Helps muscles work and grow** - contains **Protein and Magnesium**
- 🧠 **Helps your brain stay focused** - has **B vitamins**
- ❤️ **Good for your heart** - full of **healthy fats**
- 💙 **Keeps your body balanced** - contains **Potassium**
- 🌱 **Gives your body energy** - **healthy fats** help you stay full and energised
- 🔴 **Helps your body make red blood cells** - contains **Iron**



- 🍷 **Natural sweetener** - comes from the agave plant
- ⚡ **Quick energy** - gives your body carbohydrates (natural sugar) for fast fuel
- 💧 **Easier to mix** - dissolves quickly in drinks and sauces
- 🌿 **Tiny amounts of minerals** - such as Calcium, Potassium, and Magnesium



- 💎 **Helps your body grow and heal** - contains Iron
- 💪 **Strong muscles and nerves** - rich in Magnesium
- ❤️ **Good for your heart** - full of antioxidants that protect your body's cells
- 😊 **Helps you feel happy** - contains natural feel-good chemicals
- 🧠 **Helps your brain focus** - Iron helps carry oxygen around your body, including to your brain
- ⚡ **Mineral booster** - also has Potassium and Zinc



- ★ **Natural flavour booster** - makes food tasty without adding sugar
- 🛡️ **Helps your body fight germs** - full of antioxidants
- 💪 **Helps your body grow and stay strong** - contains Manganese
- 🦴 **Supports healthy bones** - has a little Calcium
- 🌿 **Happy tummy** - contains fibre, which helps digestion