## Matcha Green Smoothie Bowl

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 0 Ingredients:

Vanilla Pudding Base:

- 1/2 cup raw cashews
- 1/4 cup coconut oil
- 1/2 cup full-fat coconut milk
- 1-2 tbsp honey
- 1/2 tsp vanilla paste (or 1 tsp vanilla extract)

To make the smoothie:

- 4-5 frozen vanilla cashew cubes
- 1 frozen banana
- 1 tsp matcha powder
- 1 tsp greens superfood powder (optional)

Toppings: Granola, fresh berries, coconut flakes, cocoa nibs, chia seeds

Instructions:

- 1. Soak cashews in filtered water for 3 hours or overnight. Drain and place in the blender with the coconut oil. Blend for 30secs. Add the coconut milk, honey and vanilla and blend until smooth.
- 2. Divide the mix into ice cube trays and store in the freezer.
- 3. When ready to make the smoothie. Put 4-5 pudding cubes in a blender with the banana. Mix the matcha powder and superfood powder (if using) with 2 tablespoons of water until smooth. And to the blender and blend until smooth. Transfer to a bowl and decorate with your desired toppings.