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# Red Choc Mint Smoothie Bowl

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 4 vanilla pudding ice cubes
- 1 large frozen banana
- 1 shot red espresso (or 2-3 T strong Roiboos tea)
- 4-6 drops mint extract
- 1-2 tsp Energise Powder (or use 1 tsp cocoa powder)
- Toppings: cocoa nibs, coconut flakes, fresh fruit, bee pollen

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Instructions:

1. Whisk whatever powder you will use with the tea to blend and set aside.
2. Add the pudding, banana, and powder tea mix into the blender, with 4 drops of the mint extract. Blend until smooth. Taste and add a couple of more drops of mint extract if you would like it more minty. Just be careful to measure away from the blender as you can easily drop more than you plan on and your smoothie will taste like toothpaste!
3. If the smoothie seems too thick, add 1-2 tablespoons of non-diary milk.
4. Transfer the smoothie to a bowl. Sprinkle on your toppings and enjoy.