



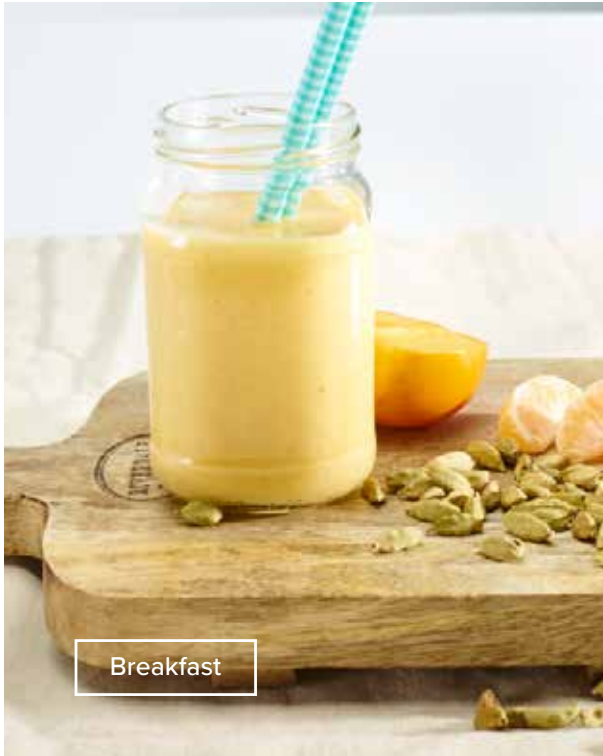
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level 2



Breakfast

Ingredients

1 small mango
1/2 kaki
1/2 minneola (citrus fruit)
1 tbsp banana powder
200 ml coconut water
6 white almonds
1 tbsp lucuma powder
1 tbsp camu camu powder
100 ml almond cream
3 cardamom pods
ginger powder to taste

Garnish with

50 ml whipped almond cream
cocoa nibs

Sweet smoothie with kaki

Preparation

1. Crush the cardamom pods then boil them in the coconut water for 3 minutes. Remove from the heat then add the cold almond cream so that the coconut water cools off faster.
2. In the meantime, peel the mango and cut it into pieces. Cut the kaki into pieces too. Remove the rind and the white membranes of the minneola.
3. Place the pieces of fruit in a blender together with the white almonds, lucuma powder, banana powder, camu camu powder and the ginger powder and blend well. When the coconut water is cool enough, add it to the blender and mix again.
4. Pour the smoothie into glasses and chill them in the refrigerator for at least 3 hours.
5. Before serving, whip the almond cream and divide it amongst the glasses. Sprinkle some cocoa nibs on top and serve.

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