



Cacao & Banana Smoothie

WITH EXTRA VIRGIN OLIVE OIL
INGREDIENTS & METHOD

- 1 Banana, Frozen or Fresh
 - 1 tsp Coconut Sugar
 - 1 tsp Vanilla Essence or Protein Powder
 - 1 tsp Cacao Powder
 - 1 cup of Any Milk
 - 1 Daily Dose of EVOO Leaf Extract
- Blend Altogether til Smooth
Cacao Nibs & Banana to Garnish!



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INSTITUTE