

MACADAMIA NUT & STRAWBERRY SMOOTHIE



Recipe 

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MACADAMIA NUT & STRAWBERRY SMOOTHIE

SERVES 3 TO 4

50g macadamia nuts
250g fresh strawberries
1 tbs Chia Seeds
1 tbs Raw Honey
1 1/4 cup Greek yogurt
3/4 cup coconut water or Milk or Nut Milk

INSTRUCTIONS:

Place all the ingredients in a blender or food processor and pulse to give a smooth, silky texture.

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