



FEEL GOOD FITNESS ·

# WABI-SABI

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well

## WINTER SMOOTHIE RECIPE

*Tara's Piping Hot Cuppa  
Tara Bliss contributed this recipe*

### WHAT YOU NEED

1 BANANA  
1 HEAPED TBSP CACAO  
1/2 TSP VANILLA  
1 TSP CHIA SEEDS  
2 MEDJOOOL DATES (OR SOME HONEY IF YOU PREFER)  
1 C BOILING WATERÀ ORÀ WARM ALMOND  
MILKÀ ORÀ DANDELION TEA IF YOU WANT TO REALLY  
SPRUCE IT UP!

OPTIONAL EXTRAS  
PEANUT BUTTER  
OATS  
CINNAMON  
COCONUT  
MACA

### WHAT YOU NEED TO DO

BLEND. POUR. GUZZLE. BUZZ.