

Nāri AārogyamTM

CHOCOLATE SMOOTHIE



CHOCOLATE SMOOTHE

INGREDIENTS

- 1 frozen banana
- 1/2 -3/4 cup aval/poha
- 1/2 cup homemade dahi/curd
- 3/4 cup water
- coconut sugar: 1-2 tsp or as needed
OR use 2 dates instead
- Raw cocoa powder: 1 1/2 tbsp.
- Flaxseeds: 1 tbsp.
- Chia seeds: 1 tbsp.
- Cinnamon powder: 1 tsp
- Cacao nibs: 1 tbsp. or as needed



PROCESS

- Dry roast the aval/poha without burning on medium to low flame you can use milk instead of curd.
- Use fresh homemade curd which is not sour.
- Blend all things very nicely until combined & mixed.
- Pour into glass & drink.

