



The Chocolate Disco Smoothie

By Kate Magic © - katesmagicbubble.com

Serves One

Takes 5 mins to make

You need a blender

Party in a glass! I've recently started a night club here in London called The Chocolate Disco, which serves up some of London's finest DJs alongside healthy treats such as this, our signature smoothie.

- 250 ml (1 cup) coconut water*
- 1 banana (pref frozen)**
- 1 date (pref fresh)***
- 1 tsp tahini
- 1 heaping tsp raw chocolate powder

Blend everything together until smooth. Be prepared for bliss.

*I like Vitacoco. Make sure it's not from concentrate.

**If you can freeze your bananas in advance, that will make your smoothie thicker. It's a good idea to always have a stock of frozen bananas in the freezer; it's a good way to use them up before they go black as well. Just peel them, break them into chunks, and pop them in the freezer in a sealy bag. They keep indefinitely.

***I try and always buy fresh dates e.g. Medjool dates, because they have a creamier, more toffee-like flavour than dried dates which don't blend up as well and don't have as much taste.