

Cacao and Oats Smoothie (Quick Breakfast)

Ingredients for 1-2 porciones

- 1 large banana
- 1 large kale leaf
- 2 tbsp cacao powder
- 3 tbsp of whole oats
- 1 tsp vanilla
- 3 pitted dates
- 1 ½ unsweetened almond milk
- ½ cups of ice
- Cacao nibs (optional)

Nutrition Tip: Smoothies are a great way to get your fruits and vegetables for the day!

Preparation (10 minutes)

1. Add all the ingredients to the blender
2. Serve and enjoy cold
2. Add the cacao nibs on top.

Cultural Fact: Cacao is native to the Americas. It was used as currency by certain cultures such as the mayans.