



Spiced Banana Smoothie

Recipe Gluten-free, dairy-free (casein-free),
hypotoxic and vegan

By: Cuisine l'Angélique

YIELD : **875 ML (3 1/2 cups)**

PREPARATION: **15 MINUTES**

INGREDIENTS

- 3 frozen ripe bananas (about 300 g)
- 375 ml (1 1/2 cups) plant-based milk substitute
- 125 ml (1/2 cup) canned coconut milk (or vegetable yogurt)
- 35 g (1/4 cup) pumpkin seeds
- 5 ml (1 tsp) freshly squeezed lime zest and juice
- 5 ml (1 tsp) Jerusalem artichoke powder (optional)
- 5 ml (1 tsp) ground cinnamon*
- 2.5 ml (1/2 tsp) grated nutmeg
- 2.5 ml (1/2 tsp) ground turmeric
- 2 pinches of black pepper
- 1/4 to 1/2 vanilla bean, scraped
- Maple syrup, to taste (optional)

PREPARATION

1. Put all the ingredients in the blender at high speed until smooth. Taste and adjust according to your preferences: more spices or a splash of maple syrup.
2. You can also add a little plant-based milk substitute to get the desired texture.

** To discover: Saigon cinnamon enhances this smoothie wonderfully with its particularly sweet-spicy taste.*



For breakfast or a snack, gently sip a spiced banana smoothie, exactly as you like it.

HEALTH TIP

Did you know that **ground cinnamon** ranks 4th among the 50 foods richest in antioxidants? It is also rich in fibre. In fact, 5 ml (1 tsp.) of ground cinnamon contains 1.3 g.

Freshly grated **nutmeg** has a completely unrivalled taste. In addition, this spice contains other nutrients: calcium, copper, iron and zinc.

Turmeric is known for its preventive and healing properties. High in antioxidants, it is an excellent ally for digestion and helps reduce inflammation. Several studies show that it could also help prevent cancer and contribute to its treatment. Ideally, it should be combined with black pepper to maximize its benefits. Black pepper contains piperine which increases the bioavailability of curcumin, the active ingredient in turmeric.