



Strawberry Basil Smoothie

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

By: Cuisine L'Angélique

PORTIONS: 2

PREPARATION: 15 MINUTES

INGREDIENTS

- 195 g (1 1/2 cups) strawberries, frozen
- 1 frozen banana, sliced (about 100 g)
- 40 g (1/4 cup) raw almonds
- 435 g (1 3/4 cups) plant-based milk substitute
- 15 ml (1 tbsp) coconut butter
- The juice of half a lemon, freshly squeezed
- 30 ml to 45 ml (2 to 3 tbsp) fresh basil, chopped
- Maple syrup, to taste

PREPARATION

1. Put all the ingredients in the blender at high speed until smooth. (I like to use my Vitamix for smoothies).
2. You can also add more plant-based milk substitute to get the desired texture.
3. Also, if you want a sweet touch, simply add maple syrup, to taste.



A refreshing and velvety smoothie to your liking!

TIP

I like to use frozen fruit because I love my smoothie when it's cold. If your fruit is not frozen, simply add ice cubes to cool your smoothie.