



### **Banana & cinnamon smoothie**

2 tbsp almonds  
1 tsp shelled hemp or chia seeds  
Half medium size banana  
Pinch of cinnamon  
2 tbsp coconut yoghurt  
Enough almond milk to produce the correct consistency

Grind the almonds and hemp/chia seeds to a fine powder in a blender or seed grinder. Then combine with the other ingredients and blend until smooth in a blender.

