



Maca smoothie

10'
Hands on

2 hours'
Hands off

4
Portion(s)

1
Difficulty



Method

- Remove stem from the zucchini.
- **Cut** the zucchini in 1 cm thick slices. Place the slices in a bowl. Place the **bowl** in the freezer for 2 hours, until frozen.
- In the blender, beat the zucchini, maca powder, cinnamon, nutmeg, cocoa, almond milk for 1-2 minutes until the mixture is incorporated and smooth.
- Serve in glasses and sprinkle with cannabis seeds.

Ingredients

- 200 g zucchinis, small and tender
- 1 teaspoon(s) maca powder
- 1 teaspoon(s) cinnamon, powdered
- 1 pinch nutmeg
- 1 tablespoon(s) cocoa powder, powder
- 500 g almond milk
- 50 g hemp seeds

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|----------------------|-----------------------------|---------------------------|
| 127 Calories (kcal) | 8.6 Total Fat (g) | 1.3 Saturated Fat (g) | 3.3 Total Carbs (g) |
| 6% | 12% | 7% | 1% |
| 1.7 Sugars (g) | 7.3 Protein (g) | 3.4 Fibre (g) | 0.18 Sodium (g) |
| 2% | 15% | 14% | 3% |