



## YOGAmazing presents...

### Chef of the Future

w/ Peter Klarman

#### Featuring:

After morning Yoga

**Avocado Fruit Smoothie**

**Serves 1-2**

( \* = optional)

Ingredients: Organic or in season

1 Avocado – cubed and scooped

16 – 24 oz filtered Water

8 oz Organic Coconut Milk

1” piece Ginger Root – minced

4 – 6 oz Blanched Almonds

2 Pitted dates - minced

Ground Cinnamon - 1 tsp.

Spearmint Leaves 6 – 12 leaves – minced

4oz fresh or frozen mixed berries (blueberries, raspberries, blackberries, etc..)

Sea Salt 1 tsp.

\*Agave Nectar

\*Cayenne Pepper - 1 pinch

\* 1 Sliced Frozen Banana

\* Ice Cubes – 3 - 6 (for hot weather only)

#### Equipment:

Chef's knife, cutting board, pairing knife, avocado scooper or teaspoon, prep bowls, saucepan w/ water to blanch almonds, measuring spoons, Blender, measuring cup, colander, chilled serving mugs.

#### Directions:

Boil water. Blanch almonds for 1-2 minutes, drain, cool and remove skins. Add water, coconut milk, and all minced items to blender. Add in fruit, avocado, salt and spices. Blend for 1 – 2 minutes and serve.

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