



# Indigo Herbs Natural Health Guide

## Raw Tropical Smoothie



### Ingredients

- 🌿 500ml coconut water
- 🌿 1 banana
- 🌿 1 mango
- 🌿 1 tbsp chia seeds
- 🌿 1 scant tsp maca powder
- 🌿 1 heaped tsp raw cocoa powder

### Method

Add all of your ingredients to a smoothie maker and blend together for a delectable fruity smoothie brimming with goodness!