



Baobab & Banana Shake

Baobab powder can help as part of your diet plan, because it's high in fibre. High fibre foods help you to feel fuller for longer, so you're less inclined to over-eat.

1 tbsp creamed coconut

1 frozen banana

3 tbsp frozen yogurt

2 tsp Greens Organic Baobab

1 tsp almond or cashew nut butter

**Whizz together and
Enjoy, as a filling,
sweet treat!**