



SPICED PLUM AND CHOCOLATE SMOOTHIE

Season: Summer
From the garden: Plums
Type: Drink
Difficulty: Easy
Country of origin:
Serves: 30 tastes
Source: unconventionalbaker.com

Equipment

- *blender
- *measuring cup and spoons
- *can opener

- *spoon

Ingredients

- *2 cups plum puree
- *maple or brown rice syrup or honey to taste
- *1 cup of coconut milk/yogurt/water or normal yogurt
- *couple of ice cubes ½ cup cold water
- *1 tbsp cocoa powder
- *½ tsp ground cinnamon
- *small pinch of ground cloves, nutmeg, cardamon, turmeric and salt

Method

1. to make the plum puree, pit the plums and cook with a little bit of water till very soft, puree in a food processor. If your plums are very small, cook them with the pits till soft, then put them in a big sieve and push them through with the back of a spoon till there is only the pits left in the sieve

2. open the can of coconut milk if using, measure, and add all the ingredients to a blender and blend

3. the amount of sweetener used really depends on the type of plum, so taste the smoothie and adjust. If too thick, add more cold water or ice

Notes:

Skills: measuring, *blending*, *tasting*