



Teresa Cutter

the healthy chef

# MOVER & SHAKER SMOOTHIE

## SWEET STUFF



By Teresa Cutter - "The Healthy Chef"®



Protein 26g • Fat 12g • Carb 23g • Calories: 251

Banana blended with BSc WPI, young coconut, tahini + cinnamon + ice. Young coconut water acts like an electrolyte helps hydrate your cells, transport energy, speeds up metabolic rate and boosts circulation. The MCT (medium chain triglycerides) fats in coconuts don't get stored like most fats, but get transported straight to the liver to be used up for energy. Tahini is chock full of the minerals calcium, potassium, copper, iron, zinc and magnesium which helps support vascular health such as lowering blood pressure and nourishing a healthy immune system. A complete high protein breakfast that will fill you up and kick-start your morning.

Serves 1

#### INGREDIENTS:

- 1 banana
- 1 young coconut, juice and flesh
- 1 serve BSc Body Science WPI
- 1 tbsp tahini (sesame seed paste)
- pinch of cinnamon

Combine the ingredients in a blender. Blend until smooth and creamy. Serve immediately and enjoy.

Wheat Free – Gluten Free – Low GI – High Protein



Learn more about WPI at:

[WWW.BODYSOURCE.COM.AU](http://WWW.BODYSOURCE.COM.AU)

More of Teresa's recipe's can be found at:

[www.thehealthychef.com.au](http://www.thehealthychef.com.au) / [www.teresacutter.com](http://www.teresacutter.com)