

Nutty Vanilla Smoothie

This rich and creamy blend of nuts and nut milk is so addictive and good for you.

Categories

Gluten-free

Yields: 2 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Smoothies

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Raw walnuts	60 grams
Almonds, raw	60 grams
Pecans, raw	60 grams
Almond milk, home made	1 cup
Coconut water fresh (liquid from coconut)	1 cup
Agave, raw	30 grams
Vanilla extract	2 tablespoons

Instructions

Prep

1. This recipe calls for almond milk, it can either be homemade or store bought, however homemade will make this smoothie completely raw
2. This recipe calls for raw unsalted walnuts that have been soaked (To soak walnuts, place them in a bowl with 1.25 cups water, set aside for 30 minutes, drain and discard water, rinse under cold running water until the water runs clear)
3. This recipe calls for raw unsalted almonds that have been soaked (To soak almonds, place them in a bowl with 1.25 cups water, set aside for 30 minutes, drain and discard water, rinse under cold running water until the water runs clear)
4. This recipe calls for raw unsalted pecans that have been soaked (To soak pecans, place them in a bowl with 1.25 cups water, set aside for 30 minutes, drain and discard water, rinse under cold running water until the water runs clear)
5. This recipe calls for fresh coconut water, but if not on hand you can always use store bought
6. This recipe calls for raw vanilla extract, but if not on hand you can always use store bought

Directions

1. In a blender, combine almond milk, mango, papaya, pear, banana and strawberries
2. When blending this smoothie, make sure to process long enough for the nuts to become completely pureed and creamy
3. Blend at high speed until smooth. Serve immediately.

Variations

1. Substitute any of the nuts with 1/4 cup-soaked cashews or Brazil nuts (be aware that Brazil nuts will not puree to a mouth consistency because they are so dense)