THE LIGHTER PLATE METHOD

Cocoa & Yam Smoothie

An unusual but genuinely good combination — cooked yam gives this chocolate smoothie real body.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 1.5 cooked yam or sweet potato
- 1 small banana
- 1 heaping tbsp cocoa powder
- 0.5 glass coconut milk

Method

1. Add all the ingredients to a blender in the order listed.
2. Blend on maximum power for about a minute, until creamy and even.
3. Add a little water if it needs loosening.

Tips & swaps

- Sweet potato works just as well as yam and is easier to find in UK supermarkets.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
230	**4g**	**40g**	**7g**	**5g**

Estimated values, for guidance only.