



Consejo del chef

Decorate with vegetable whipped cream, melted chocolate, chopped biscuits and chocolate shavings.

Raciones para

- 2 Very ripe bananas
- 1 Can of coconut milk
- 50 ml Vegetable drink
- 5 Lotus biscuits (or others to taste)
- 4 Tablespoons of cocoa powder
- 1 Teaspoon of vanilla extract
- Vegetable whipped cream
- Melted chocolate
- Chopped biscuits
- Dark chocolate chips

- 1 Freeze the bananas without skin and sliced the night before and use very cold coconut oil to make the smoothie well chilled.
- 2 Place all the ingredients in the blender and process until you obtain a thick and smooth smoothie.
- 3 Place in the fridge for 30 minutes to blend the flavours well.
- 4 Melt a couple of ounces of chocolate in a bain-marie and decorate the base of a glass or cup.
- 5 Place in the freezer for 10 minutes so that the chocolate solidifies.
- 6 Remove from the fridge and pour the milkshake in until the glass is full.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/milkshake-chocolate-vegano/>

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