

Tiger Nut Benefits

Excellent source of fiber

High in antioxidants

Good source of
Magnesium, Calcium, Vitamins C and E

@loroxburgh Tiger Nut Smoothie

Ingredients

- 1 cup non-dairy milk
- ½ cup frozen banana pieces
- ¼ cup tiger nuts
- ¼ cup ice
- 2 tbsp cacao or cocoa powder
- 1 tbsp almond butter
- 1 scoop vanilla protein powder
- ¼ tsp vanilla extract
- 1 pinch of salt

Directions

Blend all ingredients together until creamy and uniform in texture.

Serves 1