



Banana Pumpkin Smoothie

— by —

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The Postcard Dewa, Thimphu, Bhutan

INGREDIENTS

Ripe banana, peeled - 1
Pumpkin seeds - 1 tablespoon
Flax seeds - 1 tablespoon
Soy milk - 2 cups
Almonds - 1 tablespoon
Cashew nuts - 1 tablespoon
Sunflower seeds - 1 tablespoon

METHOD

Step 1 - In a blender, add the pumpkin seeds, banana, almonds, cashew nuts, sunflower seeds, flax seeds and soy milk. Blend all together until smooth.

Step 2 - Pour in a glass and garnish with pumpkin seeds and almonds. Serve immediately.