Kick Starter Chocolate Smoothie

Preparation time: 5 minutes + melting time | **Serves:** 1

Ingredients

¼ cup shot coffee
40g Haigh's 70% Dark Chocolate Pastilles, chopped
2 Medjool dates, pitted and finely chopped
2 tablespoons oats
1 large peeled frozen banana, chopped
1 tablespoon smooth natural peanut butter
1 cup (250ml) milk of choice

1. Pour hot coffee over chocolate in a small mixing bowl and leave to stand for 2-3 minutes before stirring. Zap in microwave at 10 second intervals, (if required) to melt chocolate completely.
2. Place dates, oats, banana, peanut butter and milk together in a blender and process until smooth. Add melted chocolate mixture using a spatula and blend to combine.
3. To serve, run the chocolate coated spatula around the inside of a tall glass, smearing chocolate around the inside. Pour smoothie into prepared glass and serve immediately.