

# Toasted Yerba Mate Banana Cashew Smoothies



Yerba mate is a tisane made from the twigs and dried leaves of *Ilex paraguariensis*. It was named for its resemblance to holly and prevalence in Paraguay. A popular drink in S. America, the plant also grows in Uruguay, Bolivia, Brazil and Argentina. Known for its high caffeine content it was used by the gauchos on long cattle drives to help them keep awake.

The drink's caffeine and theobromine content help increase energy levels and boost mental focus, with several human studies observing improved alertness, short-term recall and reaction time in participants. It is also thought to reduce appetite, boost metabolism and increase the body's reliance on fat for fuel during exercise. As such, it may be helpful for losing weight.

Yerba mate contains anti-inflammatory, LDL cholesterol-lowering saponins, making it beneficial for the cardiovascular system, polyphenol antioxidants including caffeoyl derivatives to strengthen the immune system, and xanthenes, including caffeine and theobromine which act as stimulants. It may also slow down the formation of advanced glycation end products (AGEs) which worsen disease.

*Credit: Ceri, Zenxin Master Chef*

## Key facts:

- Preparation: 2hr soak for cashews + 5 mins
- Total: 2hr + 5 mins
- Serves: 6-8

## Ingredients

- (2 cups 'Simply Natural' Roasted Yerba Mate Tea
- 1/3 cup raw cashews
- 2 pitted Organic 'Siwa" dates
- 2 organic Thai bananas

## Method:

1. Soak the cashew nuts for 2 hours prior to making the smoothie.
2. Take 2 tbs Yerba Mate Leaves add 2 cups hot water at 80°C, leave for 5 mins.
3. Serve immediately and enjoy!