

## **Panaché**

Panachés are really smoothies, which I first had in Morocco fifteen years ago before the smoothy craze hit the UK. They were delicious mixes of fruit, juice and ground nuts. In Morocco, the orange juice was freshly squeezed to order, which makes them even tastier. Some of the juice was sometimes replaced with milk. Sugar was added for the Moroccan sweet tooth but I've left that out. The addition of milk or yoghurt and nuts adds protein, minerals and vitamins to the drink, making it a healthy meal in a glass, for those who can't face breakfast and for those who may have difficulty eating.

For 2 panachés you will need:

½ pint chilled orange juice (or half-half orange juice and semi-skimmed milk or natural live yoghurt)

1 banana

2 portions of other soft fruit (e.g. pineapple, strawberries)

3 tablespoons ground almonds or other ground unsalted nuts

6-8 ice cubes

1. Place all the ingredients in a food processor and whizz up until smooth, or use a hand blender.
2. Pour the panachés into two glasses to serve.