



✂ Smoothie ⌚ 15 min

## Banana, Blueberry and Chia Smoothie

Take your banana smoothie to the next level by adding immune-boosting chia seeds and vitamin-packed blueberries.

1

Mix the chia seeds with the almond milk and refrigerate for 10-15 minutes, so the chia seeds soften slightly.



### INGREDIENTS FOR 2 PERSONS

- 1 tbsp chia seeds
- 175ml unsweetened almond milk
- 2 ripe Chiquita Banana, chopped and frozen
- 100g frozen blueberries

### NUTRITIONAL VALUES PER PERSON

- 167 kcal Calories
- 3.3g Fat
- 0.3g Saturates
- 35.5g Carbohydrate
- 18.7g Sugars
- 5.7g Fibre
- 2.7g Protein
- 0.2g Salt

2

Place all ingredients in a blender and puree until smooth.  
Serve immediately.

