

GNV

CHIA BERRY-BANANA SMOOTHIE

15 MINUTES PREP TIME ■

MAKES 2 LARGE SERVINGS

2 c unsweetened soymilk (or milk of choice)

1–2 Tbsp chia seeds

1 c fresh or frozen blueberries (or mixed berries)

1 c frozen banana chunks, peeled

1 Tbsp honey or agave nectar

1. Blend all the ingredients in a blender until smooth.
2. Serve immediately in tall glasses.

Original recipe by Letitia L. Star.