
Strawberry-Banana-Chia Smoothie



Nutritional Facts: (per serving)
(Based on full cream milk and honey added)

- Calories: ~210
- Protein: ~6g
- Carbohydrates: ~38g
- Fiber: ~7g
- Fat: ~5g
- Calcium: ~18% of Daily Value
- Iron: ~6% of Daily Value

Servings: 2 glasses

Prep Time: 5 minutes

Total Time: 5 minutes



Samantha Stiehl
EAT. DRINK. & BE MERRY.

INGREDIENTS

- 1 tbsp chia seeds
- 3 pitted dates (for natural sweetness)
- 1 cup full cream milk or your preferred milk
- ½ cup water
- 2 tbsp plain unsweetened yogurt
- 1 large ripe banana
- 4–5 medium frozen strawberries
- 1 tbsp honey or maple syrup (optional)
- ½ tsp vanilla extract
- ¼ tsp cinnamon powder

METHOD

- Add the chia seeds, dates, milk, water, yogurt, banana, strawberries, sweetener (if using), vanilla extract, and cinnamon to a blender.
 - Blend on high speed until smooth and creamy.
 - Pour into two chilled glasses and enjoy immediately.
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