

INGREDIENTS

- 3 tsp DIY Almond Milk Paste
- 1 cup Chilled Filtered Water
- 1 Pre-Frozen Chopped Banana
- 1/2 cup Frozen Berries
- 1 tsp Honey
- 1 tsp Chia Seeds
- Pinch Cinnamon
- 1 Tbsp Almond Chunks

INSTRUCTIONS

1. Add all ingredients into a blender and puree until smooth.
2. Top with almond chunks for added crunch.
3. Serve chilled.



Healthy Superfood Smoothie



Serves 1



5 minutes

This superfood smoothie is packed full of protein, fibre, magnesium, omega-3 fatty acids, vitamin C and potassium.

Recipe created by Live Love Nourish for

