



## Blueberry Banana Smoothie

*For a portion for 2-3 people*

*Prep time 10 mins*

### What You Need

- 200ml of unsweetened almond milk
- 100g of plain yoghurt
- 1 banana
- 100g of frozen blueberries
- 1 Tbsp of honey
- 2 tsp of chai seeds (optional)

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### Instructions

#### 1- Cut banana into small pieces

After removing the skin, cut banana into small chunks with a paring knife. This can help the blender to spin easier.



#### 2- Put all ingredients in blender

First, pour in the almond milk and follow by the yoghurt. Dump in banana and frozen blueberries too.



#### 3- Give it a spin and serve immediately

Next, add in honey and chai seeds. Give it a spin on high speed until smooth. Adjust the amount of liquid depending on the thickness you prefer for your smoothie.



**Notes.**

To enjoy the freshness, drink as soon as it's ready.

If you're allergic to chai seeds and honey, please do not include them.

Pre-freeze your fruits instead of adding ice cubes into blender.