

PB&J Chia Smoothie

Serves: 1 Print

Ingredients:

- ½ of a very ripe banana, frozen and cut in half
- ½ cup chopped strawberries, frozen
- ½ cup blueberries, frozen
- 1 tbsp peanut butter
- ½ tbsp maple syrup
- 1 tbsp chia seeds
- 1 cup unsweetened vanilla almond milk (plus a splash if necessary)

Directions:

1. Add all ingredients to a high powered blender. Start with 1 cup almond milk. Process until combined and smooth. If the smoothie is too thick, add an extra splash of almond milk. Serve immediately.

Recipe notes:

*I keep a bag of frozen bananas in my freezer at all times for smoothies. When the bananas are very ripe (more black on the skin than yellow), peel and chop them in to quarters. Space them out individually on a plate or tray, and place them in the freezer. After a few hours when they're completely frozen, transfer them to a freezer bag until ready to use. Freezing them separately keeps them from clumping together in the bag and being frozen with an undetachable buddy. I'll do the same with any fruit when it's in season, and I have an abundance.

*I find chia seeds in the baking section of my grocery store. You could also usually find them in the organic section.