

BANANA, VANILLA, BLACKBERRY & MINT SMOOTHIE

 RSF, VGN, PALEO

 5 mins (30 mins if making berry chia jam)

 2



Ingredients

Smoothie

- 2 large frozen bananas
- 1½ cups almond milk
- ½ tsp vanilla powder or extract
- 4 tbs blackberry chia jam
- Fresh mint

Blackberry Chia Jam

- 2 cups frozen blackberries
- ⅓ cup rice malt syrup
- ¼ cup chia seeds
- 1 tsp vanilla powder or extract



Method

Blackberry Chia Jam

1. Blend the frozen berries, rice malt syrup, chia seeds and vanilla powder in a food processor or blender.
2. Pour into a small saucepan and simmer for 15-20 minutes.
3. Remove from the heat and set aside to cool.

Smoothie

1. Smear the inside of 2 glasses with 2 tbs each of the berry chia jam*.
2. Blend the frozen banana, vanilla, and almond milk and pour into the glasses with the berry jam.
3. Top with fresh mint and serve.

* If you don't have any berry chia jam on hand, you could instead blend 1 cup frozen blackberries with ½ cup almond milk and ¼ tsp vanilla powder extract and pour into the bottom of each glass, then adding the banana blend on top. Equally as delicious!

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