

# FRUIT SMOOTHIE

*for a nicer day*

## YOU NEED:

### WITH BANANA

- 1 banana
- 2 dates
- 1 heaping tablespoon of **Chia Ultimate Smoothie Ironberry mix**
- 1 tablespoon of peanut butter
  - 1 pinch of cinnamon
  - 1 pinch of ginger powder
  - 1.5 cups of almond milk
- 1 tablespoon of **Ironberry maple syrup**

### WITH BERRIES

- 1 cup of raspberries or blueberries
- 1 tablespoon of **Chia Ultimate Smoothie Ironberry mix**
- 1 cup of apple juice
- juice of ½ lime
- ½ cup of water
- 1 tablespoon of **Ironberry maple syrup**

Mix all the ingredients in a mixer till smooth.  
Pour in a glass and serve.



### ADVICE

Let your own creativity run wild.  
Serve with or without a biodegradable straw.

