



# Berry, date, and chia smoothie

5'  
Hands on

4  
Portion(s)

1  
Difficulty



## Ingredients

- 350 g mixed berries (blueberries, raspberries) + extra to serve
- 5 dates, pitted
- 2 bananas, about 300 g, cut into small pieces
- 1 tablespoon oats + extra toasted, to serve
- 1 tablespoon chia seeds + extra to serve
- 600 g soy milk

## Διατροφικός πίνακας

## Method

- In a blender add the berries, dates, bananas, oats, chia seeds, and soy milk.
- Beat for 1 minute until there is a uniform mixture.
- Divide it into glasses and serve with chia seeds, berries, and toasted oats.

## Nutrition information per portion

196 Calories (kcal)	4.3 Total Fat (g)	0.6 Saturated Fat (g)	30.0 Total Carbs (g)
10%	6%	3%	12%
26.0 Sugars (g)	6.9 Protein (g)	4.8 Fibre (g)	0.19 Sodium (g)
29%	14%	19%	3%