



Summer Chia Smoothie

Serves 2

INGREDIENTS

- ½ cup **Almond Breeze Unsweetened Almond Milk**
- 1 ½ cups watermelon, cubed (seeds removed)
- 1 cup strawberries, previously cleaned, chopped and frozen
- 1 ripe banana, previously peeled, chopped and frozen
- One squeeze of lemon juice
- 1 tablespoon chia seeds (soak in ¼ cup of water 15 minutes before use)

INSTRUCTIONS

- Blend all ingredients until smooth and creamy.
- Add more almond milk if smoothie is too thick.
- Add more frozen strawberries or ice to thicken.
- Add more banana to sweeten smoothie.



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