

Banana Peanut Chia Smoothie

Ingredients

- 1 Banana Fresh or Frozen
- 1-2 dates (optional)
- 1 Tbs Chia seeds
- 1 Tbs Flax seeds
- 1-2 Tbs Natural Peanut butter
- 1/2 - 1 Cup Coconut milk or Almond milk
- A sprinkle of Himalayan salt
- Ice (if banana is not frozen)

Blitz :)

** Add less or more milk depending on the consistency you like

Notes: Use unsweetened milk and you can use any milk of your choice