

DINNERLY



Strawberry Banana Yogurt Smoothie with Chia & Honey



under 20min



2 Servings

Dust off that blender because it's time to put it to good use. Honey and banana adds sweetness while chia seeds are full of good-for-you antioxidants. Name an easier breakfast or snack to make than a smoothie—we'll wait. We've got you covered!

WHAT WE SEND

- 2 (¼ oz) chia seeds
- 2 apples
- ½ oz freeze dried strawberries
- ½ oz freeze dried bananas
- 4 oz Greek yogurt ¹
- 2 (½ oz) honey

WHAT YOU NEED

- 1¼ cups ice

TOOLS

- blender

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

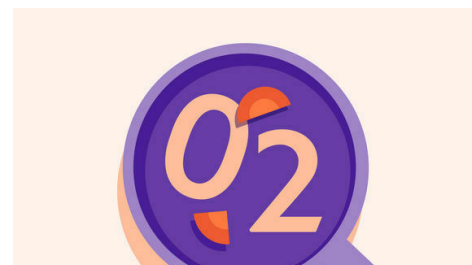
Calories 250kcal, Fat 3g, Carbs 46g, Protein 8g



1. Prep chia & cut apples

In a liquid measuring cup, whisk together **all but 1 teaspoon of the chia seeds** and **¾ cup water**. Set aside until **chia water** thickens and seeds are plump, about 12 minutes. Reserve remaining chia seeds for serving.

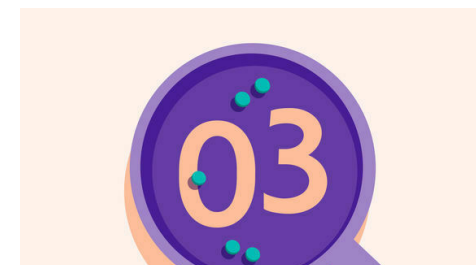
Meanwhile, peel **apples** and discard stems and cores; cut into 1-inch pieces.



2. Blend smoothie

Add **strawberries** and **bananas** to blender and blend until completely powdered.

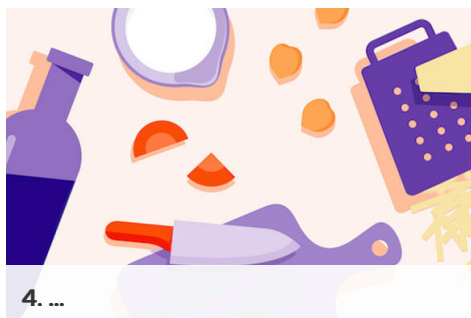
Add **apples, yogurt, all of the honey, chia water**, and **1¼ cup ice**; blend on high until smooth.



3. Finish & serve

Divide **smoothie** between glasses.

Serve **strawberry banana smoothie** with **remaining chia seeds** sprinkled over top. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

What were you expecting, more steps?



6. ...

Kick back, relax, and enjoy your Dinnerly!