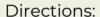
Ingredients:

1 banana, chopped
3 tablespoons chia seeds
1 tsp moringa powder
1/2 c frozen blueberries
Dollop of yoghurt (or coconut yogurt)
1 cup water
1/2 Almond Milk (optional)
Pinch cinnamon powder
Pinch ginger powder



Soak the chia seeds in the water for about 30 mins, then add to your blender, add the milk (optional) & all other ingredients.

Blend well & drink slowly.

HINT: the more slowly you consume this, the less likely you will be to overeat during the day.



