

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

Directions:

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.



MORINGA SMOOTHIE