

Raspberry Chia Breakfast Smoothie

This recipe will fill 1 medium tray*

Ingredients:

2 C milk of choice
4 small Bananas peeled
3 C of Raspberries (fresh or frozen)
4 dates, pitted
4 Tbsp Chia Seed
8 Tbsp Water
½ tsp Lemon juice with ¼ C Water



Directions:

1. Soak the chia seeds in the water for 15-20 minutes
2. Chop the pitted dates and add to a small saucepan, add the lemon juice and water, stir and cook until a thick paste is formed. Let cool for 5-10 minutes
3. Add all of the ingredients into a blender and blend until smooth and creamy.
4. Spread evenly across a parchment lined tray, use dividers set to 4 portions to portion for individual servings.
5. Freeze until solid
6. Freeze Dry
7. Using a blender, powder each portion.
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 37 hours	Rehydration: Start with 1 C of water, add 1 portion of smoothie to a blender ball type shaker bottle or add to a blender with the water. Shake/blend well and let sit for a couple of minutes. Add more water and repeat to reach desired consistency.
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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray