

# Raspberry Chia Breakfast Smoothie

*This recipe makes about 4 cups*



## Ingredients

**2 cups** milk of choice  
**4** small bananas peeled  
**3 cups** raspberries (fresh or frozen)  
**4** dates, pitted  
**4 tbsp** chia seeds  
**1 cup** water  
**½ tsp** lemon juice  
**¼ cup** water (for date paste)

## Directions:

1. Soak the chia seeds in the water for 15-20 minutes
2. Chop the pitted dates and add to a small saucepan over medium heat with the lemon juice and ¼ cup of water. Stir and cook until a thick paste is formed. Let cool for 5-10 minutes
3. Add all of the remaining ingredients and the date paste into a blender and blend until smooth
4. Add parchment paper to your tray
5. Pour the smoothie mix onto the tray
6. Place dividers (if you choose). Four portions per tray will make 4 servings
7. Pre-freeze when possible
8. Freeze dry (my cycle time was 37 hours)
9. Powder each portion in a blender for storage. If you powder it all together, note how many servings are in each package for future reference
10. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Begin with 1 cup of water in a shaker bottle or a blender. Add one portion or 1/4th of the smoothie mix to the water. Shake or blend thoroughly until well combined. Let the mixture sit for a minute to allow full hydration. Gradually add more water (up to 2 cups total), shaking or blending between additions, until you reach your desired consistency.

## Notes:

This is a perfect grab-and-go option for busy mornings! Chia seeds are a powerhouse of nutrition, packed with fiber, protein, and healthy fats while dates are high in natural sugars and fiber, making this smoothie a great way to fuel your day.

## Nutritional Value Per 1 serving

Calories: 288 Protein: 8 g Fat: 8 g Carbohydrates: 49 g Sugar: 26 g Fiber: 13 g