

How to
make:



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- Mash bananas with a fork;
- Add almond milk and whisk;
- Add chia seeds and stir;
- Refrigerate overnight.

HEALTHY BREAKFAST

Chia Pudding



190
kcal

For 1 serving

190 kcal per serving



Overripe
bananas,
3 medium



Almond milk,
1 cup



Chia seeds,
 $\frac{1}{4}$ cup

+ Berries for serving



How to
make:



Blend all ingredients
until smooth.

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GREEN POWER *Energy Smoothie*



Pumpkin seeds,
1 tbsp



Almond milk,
1 cup



Baby spinach,
1 cup



Nut butter,
1 tbsp



Banana,
1 medium



How to
make:



Blend all ingredients
until smooth.

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SIMPLE AND HEALTHY
Nice Cream



Raw cacao
powder,
2 tbsp



Frozen
bananas,
2 large

