



Prep Time
5 Minutes



Cook Time
5 Minutes



Serves
1-2

NOTE: To serve more people just increase as needed!

Ingredients

3x Tablespoons of Yoghurt
1/2 Cup of Orange Juice
1/2 Bowl of Chopped Banana
1/2 Bowl of Blueberries
2x Heaping Tablespoon of RESTORE Chia
1x Teaspoon of Honey

Want extra nutritious? Extra delicious?

Add a tablespoon of honey or coconut oil.

RESTORE™ Tip

We hope you enjoyed this SUPER nutritious, SUPER delicious drink. Cheers to your health!

Instructions

- 1) Mix RESTORE Chia with the orange juice.
- 2) Stir well and pour into a bowl.
- 3) Add yoghurt and stir well.
- 4) Add the chopped banana and blueberries
- 5) Drizzle with honey.
- 6) Get your spoon. And enjoy!