



POMEGRANATE POWER CHIA SEED SMOOTHIE



SERVES: PREP TIME: COOK TIME:

2 | 5M | 0M

DAIRY FREE GLUTEN FREE VEGAN VEGETARIAN

INGREDIENTS:

½ Cup Crofter's Organic Premium Pomegranate Power Fruit Spread

2 Large Frozen Bananas (Chopped)

¾ Cup Almond Milk

2 Tbsp Nut Butter

1-2 Tsp Chia Seeds

¼ Tsp Fresh Ground Cinnamon

Fresh Pomegranate Arils (Garnish)

DIRECTIONS:

1. Begin by adding the Crofter's Organic Premium Pomegranate Power Fruit Spread, chopped frozen bananas, almond milk, nut butter, chia seeds, and fresh ground cinnamon into a food processor.
2. Blend until the mixture is at a nice smooth consistency. Depending on the consistency you like, add in some more almond milk if too thick, or add in some additional frozen banana if too thin.
3. Once the smoothie is at your desired consistency, pour into glasses and garnish with a few fresh pomegranate arils. Serve and enjoy!