

# Basil berry burst

W&G

1 small ripe banana  
180ml unsweetened almond milk  
50g frozen mixed berries  
1-2 sprigs of fresh basil  
1 tsp chia seeds  
a good pinch ground cinnamon

**SERVES 1**

Place the ingredients in a blender (reserving a sprinkle of the chia seeds for the topping). Pulse until creamy.

Add a splash of cold water if required, to achieve the desired consistency.

Serve, topped with the remaining chia seeds.

*Consume immediately.*



PER SERVING:  
168 Calories  
**30g Carbs**  
3g Protein  
**4g Fat**