

Choline rich Morning Smoothie

Ingredients

- 1 ripe banana
- 1/2 cup fresh or frozen berries
- 1/2 cup unsweetened almond milk
- 1 tsp chia seeds
- 1 tablespoon sunflower seed butter
- 1 teaspoon (or more) honey
- Ice cubes (optional)

Nutrients

- Choline
- Protein
- Fiber
- Antioxidants

