

## Easy Chia Smoothie Jar with Raspberry & Banana (No Added Sugar!)

Raspberry Banana Chia Smoothie Jar



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### INGREDIENTS

Bottom Layer:

- 1 banana
- 1/2 cup Greek yogurt
- 1/4 cup milk (any kind-dairy or non-dairy)
- 1 tbsp chia seeds

Top Layer:

- 1/2 cup frozen raspberries
- 1/2 banana

1-2 tbsp milk (to blend smoothly)

Toppings (Optional but Recommended):

- Banana slices
- Fresh raspberries
- 1 tsp chia seeds

### DIRECTIONS

1. Prepare the Bottom Layer: In a blender, combine:
2. 1 banana
3. 1/2 cup Greek yogurt
4. 1/4 cup milk
5. 1 tbsp chia seeds
6. Blend until smooth. Pour into the bottom of a mason jar or glass and set aside.
7. Prepare the Top Layer: Rinse the blender (optional). Add:
8. 1/2 cup frozen raspberries
9. 1/2 banana
10. 1-2 tbsp milk
11. Blend until thick and smooth. Gently spoon this mixture over the bottom layer.
12. Add Toppings: Top your jar with:
13. Sliced banana
14. A few fresh raspberries
15. A sprinkle of chia seeds
16. This step adds texture and makes it : Instagram-worthy!

### TIPS FOR SUCCESS

Let it sit : If you make this the night before, the chia seeds will thicken both layers into a pudding-like consistency.

Meal prep : Make several jars at once for a grab-and-go breakfast all week.

Use ripe bananas : For maximum natural sweetness. ?

