



Banana or Chia Nog

 Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



2

CALORIES



181 kcal

SIDE DISH

Ingredients

- 2 cups non-dairy milk (or other non-dairy milk)
- 1 chia seeds frozen chopped
- 0.1 teaspoon cinnamon
- 2 medjool dates
- 0.5 teaspoon nutmeg packed freshly grated
- 0.5 teaspoon rum extract
- 0.5 teaspoon vanilla extract

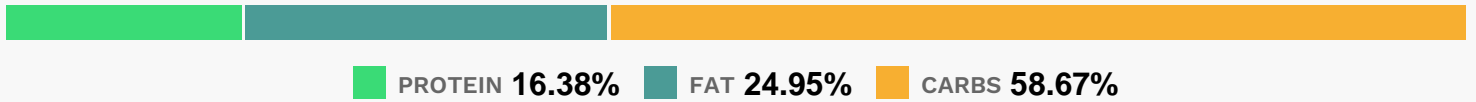
Equipment

blender

Directions

- Pour into two glasses and enjoy, sprinkled with a little extra nutmeg. For chia nog, place all ingredients except bananas or chia seeds into blender and blend until smooth. Check sweetness and add a little of your favorite sweetener if needed.
- Pour into a glass jar and stir in the chia seeds. Refrigerate for at least 2 hours, shaking the jar every now and then to make sure the seeds don't clump together. Shake well before pouring into two glasses.
- Garnish with a sprinkle of nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:54.21, Glycemic Load:2.51, Inflammation Score:-7, Nutrition Score:16.876521768777%

Nutrients (% of daily need)

Calories: 180.92kcal (9.05%), Fat: 5.07g (7.8%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 23.92g (8.7%), Sugar: 22.2g (24.66%), Cholesterol: 0mg (0%), Sodium: 118.5mg (5.15%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Protein: 7.49g (14.98%), Vitamin B12: 2.55µg (42.48%), Vitamin B3: 8.21mg (41.06%), Vitamin E: 5.95mg (39.68%), Calcium: 351.2mg (35.12%), Vitamin B6: 0.61mg (30.54%), Vitamin B2: 0.49mg (28.6%), Vitamin C: 17.02mg (20.63%), Folate: 79.75µg (19.94%), Copper: 0.39mg (19.4%), Vitamin A: 964.39IU (19.29%), Vitamin D: 2.83µg (18.88%), Potassium: 505.6mg (14.45%), Fiber: 2.89g (11.58%), Vitamin B1: 0.16mg (10.89%), Selenium: 5.72µg (8.17%), Iron: 1.44mg (7.99%), Manganese: 0.12mg (6.16%), Zinc: 0.71mg (4.73%), Magnesium: 15.74mg (3.94%), Phosphorus: 20.39mg (2.04%), Vitamin B5: 0.19mg (1.94%)