AMERICAN · BREAKFAST · DRINK

Blueberry Chia Protein Smoothie

5 min · Serves 1 · 649 kcal a serve · Video 7:23 · Autumn Bates

Vegetarian · Gluten-free ingredients

A breakfast in a glass with about 40 g protein from milk, yoghurt and whey, plus fibre and omega-3 from chia; the sweetness comes from banana and blueberries, with no added sugar.

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Ingredients 10 · SERVES 1

- [ ] 1 cup whole **milk** (or a plant milk)
- [ ] ¼ cup **plain Greek yoghurt**
- [ ] **vanilla whey protein powder**, 2 scoops (about ¾ oz protein, no added sugar)
- [ ] 1 tbsp **chia seeds**
- [ ] 1 tbsp **cacao nibs**
- [ ] 1 tbsp **almond butter**
- [ ] ½ **banana**
- [ ] ¼ cup **frozen wild blueberries**
- [ ] a little **seed granola** (grain-free, or pumpkin seeds), to serve (optional)
- [ ] a sprinkle of **bee pollen**, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pour the milk into the blender, then add the Greek yoghurt and protein powder. 0:59
2. Add the chia seeds, cacao nibs and almond butter. 3:15
3. Add the half banana and the frozen blueberries, then blend until smooth. 4:39
4. Pour into a glass and top with a little grain-free seed granola (or pumpkin seeds) and a sprinkle of bee pollen for some crunch. 5:40

> **Tip** Leave out the banana for a lower-carb version and use just the blueberries. Use an unsweetened protein powder, or swap in more Greek yoghurt.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
649 kcal	43 g	49 g
2,710 kJ	86% of a day	39 g net · 30 g sugars
		18% of a day

FIBRE	FAT	SODIUM
10 g	34 g	240 mg
36% of a day	12 g saturated	10% of a day
	43% of a day	

Energy from net carbs 25% · protein 27% · fat 48% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 140% · Vitamin B12 75% · Magnesium 54% · Selenium 49% · Calcium 46% · Zinc 41% · Vitamin E 31% · Vitamin B6 27% · Potassium 24% · Iron 23%

Source of (10–19%) Vitamin A 15% · Folate 14% · Vitamin C 10%

Recipe and video: Autumn Bates (@AutumnBates) on YouTube — youtube.com/watch?v=jr4hA-VGmjo, published 15 January 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ab-blueberry-chia-protein-smoothie