

CHAI VANILLA SMOOTHIES

It's the new craze in our house. Vanilla Chai banana smoothie. Great afternoon snack. You just have to get some bananas in the freezer and make some chai ice blocks as this is too good to miss. Its like super yumminess and my family is currently in love with a smoothie! This serves 2 hungry teenagers or 3-4 people

INGREDIENTS

- 3 frozen bananas chopped up
- 3 -4 chai ice blocks (make some chai tea with water and tea bags and freeze)
- 1 teaspoon vanilla paste
- 1-2 dates
- 1 tablespoon honey
- 2 cups milk of choice (we use almond milk)

METHOD

Put it all in a blender and blend.....
woohoo so easy.



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