

BREAKFAST

Chai Tea Smoothies

6 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
5 min	5 min	4	\$1.31	90 kcal



If you have roughly 5 minutes to spend in the kitchen, Chai Tea Smoothies might be a great gluten free, lacto ovo vegetarian, and primal recipe to try. This recipe serves 4 and costs \$1.31 per serving. One portion of this dish contains approximately 5g of protein, 4g of fat, and a total of 90 kalori...

Ingredients

☐ 1 leaves Fresh mint optional☐ ½ teaspoon ground cinnamon☐ ½ teaspoon ground ginger☐ 2 cups milk☐ ¼ cup unsweetened instant tea☐ ¼ teaspoon ground cardamom☐ ¼ teaspoon ground cloves☐ 4 servings Ice cubes☐ ¼ cup nonfat vanilla yogurt

EQUIPMENT Blender

Method

- 1 Watch how to make this recipe.
- 2 In a blender, combine all ingredients but the ice and mint. Process until blended. Gradually add enough ice to make a thick consistency.
- 3 Pour mixture into tall glasses and serve.
- 4 Garnish with fresh mint, if desired.

Nutrition per serving

90	5 g	4 g	9 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.3 g · 14% of daily needs
Sugar			8.8 g · 10% of daily needs
Sodium			59 mg · 3% of daily needs
Cholesterol			15 mg · 5% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/chai-tea-smoothies-148432