



Vanilla Chai Smoothie

This is a thick, creamy smoothie with sweet chai spices! With calcium, fibre, and protein all swirled into this tempting smoothie, it is an excellent year-round recipe for anytime of the day.

Prep: 5 minutes • Total: 5 minutes

Ingredients:

Banana	1 each	1 each
Milk (cow's, soy, almond)	1 cup	250 mL
Ginger, ground	½ tsp	2 mL
Cinnamon	½ tsp	2 mL
Cardamom	½ tsp	2 mL
Ground cloves	½ tsp	2 mL
Nutmeg	½ tsp	2 mL
Vanilla extract	¼ tsp	1 mL

Directions:

1. Combine all ingredients and blend until smooth.
2. Add ice if required to achieve desired consistency.
3. Pour into glass and enjoy!

Note: Nutrition analysis is for 1 cup of unsweetened almond milk.

Nutrition Facts

Serving Size (156g)
Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 32g **11%**

Dietary Fiber 5g **20%**

Sugars 15g

Protein 2g

Vitamin A 2% • Vitamin C 15%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Chocolate Covered Katie

Makes 1 servings (156g / serving) • 1 serving = 1.5 cups

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