



Banana Chai Ginger Smoothie



Serves: 1



Cooking Time: 45 minutes



Level: Easy



INGREDIENTS

1 frozen banana, very ripe
1/4 cup chai tea concentrate (black tea, vanilla, spices, and honey--available at most grocery stores)
1/2 cup milk (whole or unsweetened almond)
1 2-inch chunk of fresh ginger, peeled and sliced

PREPARATION

1. Puree all in a blender until just combined yet still thick and adjust the ingredient amounts until you're satisfied.