



# Hot Chocolate Chai Smoothie

Prep Time: 10 min. Makes: 1 serving.

## INGREDIENTS

2 bags chai tea  
1 Tbsp cocoa nibs, or 1 tsp cocoa powder  
1 cup non-dairy milk  
1 banana or 1 cup non-dairy yogurt  
1 Tbsp chia seeds or ground flax  
1/2 cup rolled oats or 1 scoop plant-based protein powder

## DIRECTIONS

1. Boil some water, and put the chai tea in a mug with 1-2 cups water. Leave to steep for 3-5 minutes, then remove the tea bag and pour the hot tea into a blender.
2. Add everything else to the blender, and puree until smooth.

## NUTRITION FACTS

Per serving

Calories 415

% Daily Value\*

Total	Fat	14g	22%
Saturated	Fat	4g	20%
Polyunsaturated	Fat	3g	
Monounsaturated	Fat	2g	
Sodium		161mg	7%
Potassium		567mg	16%
Total	Carbohydrates	67g	22%
Dietary	Fiber	19g	76%
Sugars		22g	
Protein		13g	26%
Vitamin	A		12%
Vitamin	C		15%
Calcium			56%
Iron			38%