



PERFORMANCE RECIPE

Banana Chai Smoothie



Gluten-free



5 min cook



Batch prep snack



Energy boost

Make 1-2 servings



INGREDIENTS

- 2 frozen bananas
- 1 cup dairy/non-dairy beverage
- ½ cup plain Greek yogurt
- 2 tsp **Chai tea leaves (from Chai tea bag)
- ¼ tsp cinnamon
- 1 tsp vanilla extract (optional)

**contains caffeine



How to freeze bananas? Simply cut ripe bananas into even slices, place them in a ziploc bag, and freeze.

INSTRUCTIONS

1



Measure all ingredients and put them in the blender.

2



Blend until smooth texture and enjoy.