

Chai Smoothie

Swick

Serves 1 | Active Time: 5 minutes | Total Time:

Chef's Notes

RECIPE TIPS

Frozen Bananas: Line a baking sheet with parchment paper. Slice bananas into 1" pieces and freeze them on prepared baking sheet for at least 2 hours.

Unflavored Plant Milk: Plant milk can be rice, oat, hemp, almond, and soy milk are varieties of plant milk. Look for unsweetened, unflavored plant milks.

Dates: Dates are the many varieties of fruits from date palm trees. Medjool dates are larger and sweeter than many of their cousins. Be sure to remove any pits from your dates before blending or serving.

Chia Seeds: Look for chia seeds in the natural foods or baking aisles at your grocery store. For most recipes, either ground or whole will work.

Step 1: Make Smoothie

- 4 1/2 bananas sliced & frozen
- 12 fl oz (1 1/2 cups) unflavored plant milk
- 1 1/2 cups coconut water, plus more as needed
- 6 dates, pitted
- 1 1/2 teaspoons pure vanilla extract
- 3/4 teaspoon ground cinnamon
- 1/3 teaspoon ground ginger
- 2 dashes ground nutmeg
- 2 dashes ground cardamom
- 1 dash ground cloves
- 1 1/2 tablespoons chia seeds

In a high-powered blender (or food processor), combine frozen bananas and all ingredients. Purée until very smooth. Add additional plant milk or coconut water if needed to reach desired consistency.

Add a few ice cubes, if desired.