



Chai and Pineapple Smoothie

Servings: 2

Prep Time: 5min

Cook Time: 0



Ingredients

- 1 chai teabag
- 1 pineapple, peeled and cubed
- 1 small banana, peeled
- 125ml (½ cup) coconut milk
- ice cubes, to serve

Directions

1. Break the teabag and place the chai leaves in the blender with the pineapple, banana and coconut milk.2
2. Blend until smooth and pour into glasses.3
3. Add a few ice cubes and serve immediately.