

Vanilla Chai Tea Protein Smoothie (Revamped)

Ingredients

- $\frac{3}{4}$ cup brewed chai tea, cooled
- $\frac{1}{2}$ frozen banana
- $\frac{1}{2}$ cup unsweetened almond milk
- 1 scoop plant-based vanilla protein powder
- $\frac{1}{4}$ tsp ground cinnamon
- 1 tsp ground flaxseed or chia seeds
- $\frac{1}{2}$ tsp vanilla extract (optional)
- 2–3 ice cubes

Instructions

1. Brew a strong cup of chai tea and let it cool.
2. Add all ingredients to a blender.
3. Blend on high until smooth and creamy.
4. Serve immediately, sprinkled with a dash of cinnamon.

Health Benefits

- Chai tea: contains black tea and spices that boost metabolism and focus
- Vanilla protein: supports muscle repair and energy post-workout
- Flaxseed/chia: provides omega-3s and fiber for hormonal and gut balance
- Banana: adds natural sweetness and potassium
- Cinnamon: supports blood sugar regulation and digestion