

Chai Smoothie



7 Ingredients, 2 serves, 5 Minutes Total Time

- 1 bananas (frozen)
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon ground cinnamon*
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves*
- 1/2 cup milk of choice
- 1/8 teaspoon cardamon (ground)

Instructions

- Add all ingredients to a high-speed blender.
- Blend on high until smooth and creamy (approximately 2-3 minutes).
- Pour into a glass and serve immediately.

Warnings

**BANANAS: Cavendish variety bananas are low in Salicylate content. SIBO phase 2 allows 2 serves of fruit per day, 1/2 banana is one serve.

**MILK OF CHOICE: There are milk varieties to suit all diets: dairy free, lactose free, nut free etc - choose the one that is right for you

Nutritional Information (per serving)

Calories	197
Total Fat	14g
Saturated Fat	13g
Cholesterol	--
Sodium	13mg
Total Carbohydrate	17g

Dietary Fibre	3g
Sugars	8g
Protein	2g
Calcium	26mg
Iron	1mg
Magnesium	42mg
Phosphorus	75mg
Potassium	368mg
Vitamin C	6mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--