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# Blended Chai Kefir Latte

Prep time: 15 minutes

Servings: 2

This blended chai kefir latte is perfect for an easy, wholesome breakfast packed with probiotics and winter flavors. Frozen banana makes it extra creamy and pairs wonderfully with chai. Prepare the ingredients the night before so it's ready in the morning for a delicious breakfast to-go.

Green Valley Creamery

## Ingredients

1 ½ cups Green Valley Creamery Lactose-Free Whole Milk Kefir or Plain Kefir

2 chai tea bags

¾ cup boiling water

½ banana, cut into chunks and frozen\*

1 cup ice cubes

1-2 tsp. maple syrup

1 tsp. vanilla extract

1 tsp. ground cinnamon

1 tsp. fresh ginger, minced

## Instructions

1. Place the two tea bags in a mug with the boiling water. Let the tea bags steep for 10 minutes. Be sure to set a timer " if the tea steeps for too long it could taste bitter. Take the bags out and place the mug in the fridge to cool down for at least an hour (you can also make the tea the night before so you have it ready for the following morning).
2. When you're ready to drink, combine the kefir, tea, banana, ice cubes, and everything else in a blender and run until smooth.

\*Keep a bag of banana chunks in the freezer for times like these.