

Green Chai Fruit Smoothie

- 1 Peach, cut up
- 1 Apple, cut up
- 1 cup Frozen red grapes, seedless
- 1 cup Frozen blueberries
- 1 ½ cups Frozen strawberries
- 1 cup Chai green tea, hot

Steep Chai Green tea in boiling water, steep for 3-5 minutes.

Remove tea and place all the fruit in the blender and pour in the hot tea.

Blend until smooth. The tea gives a great spice taste to the fruit smoothie.

Serves 2 – 4 servings.