

# Chai Tea Shake



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| <b>Serves</b>                          | 1  |
| <b>Ingredients</b>                     | 5 fluid ounce Minute Maid Smoothies Non-Fat Vanilla Yogurt, thawed<br>2 fluid ounce Chai Tea Concentrate<br>2 cups ice   |
| <b>Garnish</b>                         | Whipped cream<br>Optional: Chocolate Sauce   |
| <b>Method</b>                          | 1. Combine remaining ingredients in a blender; process until smooth<br>2. Pour into a 16-oz glass<br>3. Garnish with whipped cream   |
| <b>Nutritional Information</b>         | 435 calories   |
| <b>Brands</b>                          | <b>Minute Maid Smoothies</b>   |
| <b>Primary Flavor Profile</b>          | Fruity   |
| <b>Drink Style</b>                     | Blended  |
| <b>Food Pairing and Recommendation</b> | <b>BBQ, Breakfast / Brunch - Savory, Breakfast / Brunch - Sweet, Mexican / Latin, Salads - Lighter Protein, Salads - Richer Protein, Sandwiches - Lighter Protein, Sandwiches - Richer Protein, Sandwiches - Vegan, Snacks - Salty</b> |

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