



# BONDI CHAI SMOOTHIE



## What's in it?

- 3 Heaped Tsp of Bondi Chai
- Hot Water
- ½ Cup of Ice Cubes
- 1 Banana
- 1 Tbsp of Plain / Vanilla Yoghurt
- 100ml of your choice of Milk

## How does it go together?

1. Dissolve the Bondi Chai in a little hot water.
2. Combine in a blender with the ice cubes, yoghurt, banana and milk.
3. Blend until smooth.
4. Serve immediately in a tall glass.

NB: Bondi Chai Vanilla Honey and Club Cinnamon flavours contain dairy and may not be suitable for people with lactose intolerances.