



BONDI CHAI SUNRISE



What's in it?

- 1 Red Delicious Apple, unpeeled and cored
- 1 Banana, peeled
- 1/2 Cup of Fine Oats
- 150g of Low Fat Vanilla Yoghurt
- 30g of Bondi Chai
- 10 Ice Cubes, crushed
- Cinnamon Sugar (1 part cinnamon to 2 part sugar)

How does it go together?

1. Blend all ingredients together in a fast, powerful blender, to your preference: smooth or slightly chunky.
2. Dust the surface with cinnamon sugar.
3. Garnish the edge of the glass with a slice of apple.
4. Serves straight away.

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