

# Chai Almond Bliss Smoothie Recipe



Did you see my appearance on Live With Kelly & Ryan last week? [Here's the video so you can watch now.](#)

I talked about how a lot of Americans eat dessert for breakfast without even knowing it because cereal, pastries, and even coffee drinks are LOADED with sugar!

But it is possible to have dessert for breakfast without the sugar. I made chocolate [chia pudding](#) with Kelly and Ryan that you can have for breakfast, dessert, or anytime you need a sweet treat.

Today I've got another dessert for breakfast recipe. This one is for all of the chai lovers out there who don't want the acid that is usually in chai teas and lattes.

This smoothie is full of healthy keto fats, spices that are full of antioxidants, and just enough sweetness that you're going to be hooked on this frozen deliciousness.

Give it a try and let me know what you think over on [Facebook](#).

## CHAI ALMOND BLISS SMOOTHIE

### Ingredients [Serves 1]

3 tsp. cinnamon  
2 tsp. cardamom  
1 tsp. ginger  
1/2 tsp. nutmeg  
1 banana, peeled and frozen  
1 cup coconut milk  
2 tbsp. raw almond butter  
1 tbsp. chia seeds  
vanilla (or 3 drops Medicine Flowers Vanilla)



1 tsp.

### Directions

Combine all spices together in a small bowl to create the chai spice mixture. The above ingredients for the spice mixture will make multiple smoothies, so store the remainder in an airtight container for future use.

Combine 2 tsp. of the chai spice mixture with the coconut milk, banana, almond butter, chia seeds, and vanilla in a blender and blend until smooth. Enjoy!