



Chai Milkshake

Servings: 1

1 cup low fat milk (or almond milk)
2 Vanilla Chai tea bags
2-3 scoops vanilla non-fat frozen yogurt
Skinnygirl Sweetener to taste
Ice

Instructions:

- Add 1/2 cups milk to sauce pan and bring to a simmer, turn off heat.
- Add Vanilla Chai tea bags and allow to steep for 15 minutes, strain and squeeze all liquid from tea bags, chill.
- Combine chilled Chai tea mixture, frozen yogurt, sweetener and milk into blender.
- Blend until smooth, pour into glass and serve.

