



HOME CHEF

BLENDER REQUIRED

Chai Gingerbread Smoothie

With Gingersnaps and Peanut Butter



Chai spices, gingerbread, and peanut butter are blended together to create a wondrous smoothie that is greater than the sum of its parts. Blend it all up and bear witness to the biblical deliciousness before thee.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 624
Carbohydrates: 74g
Fat: 27g
Protein: 20g
Sodium: 608mg
per serving

DIETARY

DRINK PAIRING

Spice up your life! Add a little spiced rum to this bad boy.

INGREDIENTS

½ tsp. Ground Cinnamon
½ tsp. Ground Cardamom
6 oz. Gingersnaps
8 oz. Almond Milk, Vanilla,
Sweetened
1 ½ oz. Creamy Peanut Butter
5.3 oz. Greek Yogurt, Plain



Make smoothie

Place **all ingredients** and 1 ½ cups of **ice** into blender. Blend thoroughly until all ingredients are incorporated.



Pour the Smoothie

Divide **smoothie** between 2 glasses, and enjoy!

WHAT YOU NEED

Ice

EQUIPMENT

Blender/Food Processor/
Immersion Blender

DID YOU KNOW?

Cardamom is a spice native to the Middle East and North Africa. There are three types of cardamom: green cardamom, black cardamom, and Madagascar cardamom. Most recipes usually call for the green stuff. Cardamom has a potent, spicy-sweet taste, which is quite aromatic.

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