

Chai Drink Mix

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Ingredients

To assemble, per 8 servings, blend all ingredients in a blender or food processor until a fine powder:

2 cups whole milk powder
8 scoops (servings) MCT Oil Powder
8 servings instant tea, unsweetened
1/2 cup white sugar
1 TBSP vanilla powder
1 tsp each: cinnamon, ginger, cardamom, cloves

Nutrition Info

Calories: 270.4

Fat: 15.4g

Carbohydrates: 26.5g

Protein: 8.4g

Directions

Mix 3 TBSP chai with a mug of hot water.

Serving Size: 3 TBSP per serving

Number of Servings: 1

Recipe submitted by SparkPeople user SONIAMREAGAN1.