



Apple and Strawberry Chai Smoothie

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

YIELD : 875 ML (3 1/2 cups)

PREPARATION: 15 MINUTES

INGREDIENTS

- 375 g (1 1/2 cups) unsweetened [applesauce](#)
- 250 g (1 cup) plant-based milk substitute
- 85 g (1/3 cup) canned coconut milk
- 65 g (1/2 cup) frozen strawberries
- 15 ml (1 tbsp) pumpkin seeds
- 15 ml (1 tbsp) hemp seeds
- 15 ml (1 tbsp) maple syrup
- 1 pitted Medjool dates
- 5 ml (1 tsp) vanilla extract
- 5 ml (1 tsp) ground cinnamon
- 1 ml (1/4 tsp) each: ground cardamom, ginger and nutmeg
- Ice cubes, if desired, for serving

PREPARATION

1. Mix all ingredients (except ice cubes) in blender at high speed until smooth. Taste and adjust according to your preferences: more spices or a dash of maple syrup.
2. You can also add a little plant-based milk substitute to get the texture you want.
3. For a cold smoothie, serve with ice cubes.
4. Stores for 24 hours in an airtight jar in the refrigerator.



Applesauce in a smoothie? Why not! Let yourself be tempted and you will be pleasantly surprised at the smoothness of this delectable smoothie!

TIP

* This smoothie is at its best when prepared with a homemade [applesauce](#). Also, the rosé compote recipe makes for a smoothie of a beautiful color.