Chamomile Smoothie Recipe



Craving something sweet after dinner, but it is getting close to bedtime? Try this chamomile smoothie 1-3 hours before going to sleep to calm your senses and prompt relaxation. Chamomile slows brain activity to prompt calmness and relaxation throughout the body. Not to mention, chamomile is naturally caffeine-free, so it is a great herbal option if you are craving a drink but want to avoid caffeine prior to bed.

Smoothies are also a great vehicle for protein powder. So, if your gym routine typically falls later in the evening, try adding protein powder to this smoothie for muscle recovery.

Calming Chamomile Smoothie

Servings: 2 | **Preparation & Cook Time:** 15 minutes

Ingredients:

- 295ml (1 ¼ cup) unsweetened almond milk (or milk of choice)
- 2 chamomile tea bags
- 125ml (½ cup) plain Greek yogurt
- 190g (1 cup) frozen peaches
- 65g (½ cup) frozen blueberries
- Optional: 1 serving/scoop of protein powder

Instructions:

1. Heat milk in the microwave or on the stovetop on low-medium heat for 3-5 minutes (do not boil it, just warm it). When warmed, remove from heat.
2. Add the tea bags to the warmed milk and let it steep for 10 minutes.
3. Remove the tea bags from the milk and place it in the fridge to cool.
4. Once the tea mix is chilled, blend all ingredients in the blender until it is smooth (about 2-4 minutes).

Tip: Prepare a few servings of the steeped milk mixture at once and store the extra in the fridge for faster prep time later.

Nutrition | Serving: 1 Smoothie

**Using unsweetened almond milk and no protein powder*

Calories: ~138kcal, Fat: ~4.9g, Carbohydrates: ~17.2g, Fiber: ~2.3g, Sugar: ~13g, Protein: ~7.2g

Adapted from **Sweet Chamomile Smoothie - Silk**