



# Strawberry Chamomile Quinoa Smoothie

By Wendi Pelosi

## Ingredients

- 1/2 cup chamomile tea
- 1 tablespoon dried chamomile flowers (or 1 teabag) + extra flowers for garnishing
- 1 cup almond milk (or regular milk)
- 1/4 cup cooked quinoa (You can replace this with old fashioned oats.)
- honey (if almond milk is unsweetened)
- 1/2 cup strawberries (fresh or frozen)

## Instructions

1. Steep chamomile flowers in hot water for about 5 minutes. Strain flowers if you don't want to include them in the smoothie. If you want to include them for a more intense flavor, just leave them. Remove teabag if using one. Refrigerate until it cools down.
2. Put the almond milk, cold chamomile tea (with flowers), cooked quinoa & strawberries in a blender and blend until smooth. Sweeten with honey if needed.
3. Garnish with dried chamomile flowers if desired.

## Notes

Servings 1, Calories 120, Fat 4.4g, Carbohydrates 17g, Protein 3.6g, Cholesterol 0mg, Sodium 181mg, Fiber 3g, Sugars 3.9g

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