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Berry Chai Infusion ♦

Berry Chai Infusion is a delicious vegan beverage that combines the flavors of berries and chai tea. It is a refreshing and healthy drink that can be enjoyed hot or cold. This recipe is perfect for those who follow a vegan or plant-based diet.

Recipe Type: Vegan

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

100 g	Mixed Berries
2 bags	chai tea bags
500 ml	Water
2 tsp	agave syrup
4 cubes	ice cubes

Directions

Step 1

Boiling

In a saucepan, bring water to a boil.

Prep Time: 2 mins

Cook Time: 5 mins

Step 2

Steeping

Remove from heat and add the chai tea bags. Let steep for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stirring

Remove the tea bags and discard. Stir in agave syrup.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Blending

In a blender, combine the brewed chai tea and mixed berries. Blend until smooth.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Pour the mixture into glasses filled with ice cubes. Serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 13 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	13 g	23.64%	26%
Fibers	2 g	5.26%	8%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	4 mg	0.12%	0.15%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Events

Barbecue

Picnic

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Easter

Demographics

Senior Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Engine 2 Diet

Low Sodium Diet

Cooking Method

Boiling

Meal Type

Supper

Lunch

Difficulty Level

Medium

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