



# healthy green tea energy smoothie

Think green and get your glow on with this super healthy Green Tea Energy Smoothie, a delicious combination of green tea, spinach, avocado, bananas and apples.

SERVES: 1



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## ingredients

- 1 cup Pure Leaf Green Tea with Honey
- 1 cup baby spinach leaves
- 1 small ripe banana
- 1 Granny Smith apple, peeled and cored
- ½ small ripe avocado
- 1 tbsp honey
- ½ cup ice cubes

Fresh basil, for garnish

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## directions

For the smoothie, using a blender, combine Pure Leaf Green Tea, spinach leaves, banana, apple, avocado, honey and ice cubes. Blend until smooth and pour into a tall glass. Garnish with fresh basil.

*“Tea is liquid wisdom”*

— ANONYMOUS

