



Green Tea Citrus Smoothie

A refreshing, nutrient-packed smoothie to energize your body and support metabolism!



Green tea may help support metabolism while fruit adds refreshing flavor and nutrients.

INGREDIENTS:

- 1 cup chilled brewed green tea
- 1/2 banana
~ 1/2 cup pineapple
- Juice of 1 orange
- Handful of spinach
- Ice cubes

INSTRUCTIONS:

- 1 Add all ingredients to a blender.
- 2 Blend until smooth.
- 3 Serve immediately.

Herbal Tip:

Green tea is rich in antioxidants that may help support fat burning and overall wellness. Best enjoyed as part of a balanced diet and healthy lifestyle.



Look for more herbal recipes and remedies on my website!

