



# Super Berry Green Tea Smoothie



## Recipe of the Week #3

### INGREDIENTS

- 3 Tbsp. hot water
- 1 green tea bag (decaf or regular)
- 2 tsp. honey or agave nectar
- 1 ½ cup frozen mixed berries or blueberries
- ½ medium banana
- ¾ cup calcium-fortified light vanilla almond or soy milk
- 1 tsp. ground flax seed

### DIRECTIONS

1. Pour steaming hot water into a glass measuring cup or bowl. Add tea bag and allow to steep for three minutes.
2. Stir honey into tea until it dissolves. Add several ice cubes to chill.
3. In blender, combine frozen berries, banana, flax seed and milk.
4. Add tea to blender. Blend ingredients on highest setting until desired texture. Pour smoothie into tall glass and serve.

### NUTRITIONAL ANALYSIS

Serving Size: 1 smoothie

Calories: 270  
Fat: 2.7 g  
Saturated fat: 0.2 g  
Cholesterol: 0 mg  
Fiber: 8 g  
Sodium: 52 mg  
Carbohydrates: 63 g  
Protein: 4 g

