

Tea Day RECIPES

CARROT, ORANGE & GINGER SMOOTHIE

Ingredients :

- 2 sachets of Jamaica Mountain Peak Instant Ginger Turmeric Tea (sweetened)
- 1½ cups of chopped carrots
- ¼ cup water & 6-8 ice cubes
- 1 orange & 1 frozen banana
- ⅓ cup of Greek yogurt
- 1 tsp honey/sugar

Directions:

- Place carrots in a microwave safe bowl, add ¾ cup water, cover loosely and cook on high for 1½ minutes or until soft
- Place all ingredients except ice into a blender
- Add ice cubes and blend for 30-60 seconds until smooth.

