

JAMAICA
Mountain Peak

Ginger Mango Smoothie

RECIPE



You will need:

- 1 Cup of fresh/frozen mango
- 2 Ripe Bananas
- 1 Sachet of **Jamaica Mountain Peak Instant Ginger Tea (unsweetened)**
- 3 fresh mint leaves (leaves only)
- 2 cups Coconut water/fresh water
- 1 1/2 Tbsp of lime juice or 1/2 a lime (remove seeds)
- A blender

Directions:

1. Rinse mint leaves.
2. Combine the lime juice, mango, **Jamaica Mountain Peak Instant Ginger Tea**, bananas and water in a blender.
3. Add additional lime to taste, and additional water if needed.
4. Add the mint just before you finish blending. (Fresh herbs lose their aroma when they are over-blended).
5. Blend until smooth and creamy.