



Ginger Papaya Banana Smoothie

RECIPE





You will need:

- 2 Cups of cubed papaya fresh/frozen
- 1 Frozen/fresh banana
- 2 Sachets of **Jamaica Mountain Peak Instant Ginger Tea (sweetened)**
- ½ cup unsweetened almond milk (or any other preferred milk)
- 2 tbsp lime

Directions:

1. Blend all ingredients until smooth.
2. Sip and enjoy!