



# Pine & Ginger Smoothie

RECIPE





## You will need:

- 2 Cups chopped pineapple (fresh or frozen)
- 2 Cups chopped mango (fresh or frozen)
- 2 Sachets of **Jamaica Mountain Peak Instant Ginger Tea (Unsweetened)**
- 1 Cup water or coconut water
- Honey (to taste)
- 6 ice cubes (only needed if you use fresh fruit)

## Directions:

1. Place all ingredients except ice in a blender. (If you are using frozen fruit, you may need 1.5 to 2 cups of water.)
2. Blend until smooth.
3. If you used fresh fruit rather than frozen, add ice and blend again.
4. Sip and enjoy!