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## Green Tea, Blueberry, and Banana

Antioxidant-rich green tea makes this healthy smoothie a nutritional powerhouse.

SERVINGS: 1

3 Tbsp water  
1 green tea bag  
2 tsp honey  
1½ c frozen blueberries  
½ med banana  
¾ c calcium fortified light vanilla soy milk

- 1. MICROWAVE** water on high until steaming hot in a small bowl. Add tea bag and allow to brew 3 minutes. Remove tea bag. Stir honey into tea until it dissolves.
- 2. COMBINE** berries, banana, and milk in a blender with ice crushing ability.
- 3. ADD** tea to blender. Blend ingredients on ice crush or highest setting until smooth. (Some blenders may require additional water to process the mixture.) Pour smoothie into tall glass and serve

**NUTRITION** (per serving) 269 cal, 2.5 g fat, 0.2 g sat fat, 52 mg sodium, 63 g carbs, 38.5 g sugars, 8 g fiber, 3.5 g protein

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