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## Green Tea Smoothie

*Makes 2 servings. Recipe adapted from AARP.*

### Ingredients

- 3 cups frozen white grapes
- 2 packed cups baby spinach
- 1 1/2 cups strong brewed green tea, cooled
- 1 medium ripe avocado
- 2 teaspoons honey

### Nutritional info per serving

Calories:	345
Total fat:	15g
Cholesterol:	0mg
Sodium:	36mg
Total Carbs:	56g
Dietary Fiber:	9g
Protein:	5g
Potassium:	1110mg

### Directions

1. To brew strong green tea, use twice the amount of tea (or two tea bags), but do not over steep. Green tea should be steeped for no longer than 3 minutes; over steeping will give the tea a bitter taste.
2. Combine grapes, spinach, green tea, avocado and honey in a blender; blend until smooth.
3. Serve immediately.