

Green Goodness Rooibos Smoothie



www.stirtea.co.nz

Green Goodness Rooibos Smoothie

Ingredients - One Serve

- 1 small apple, cored
- 5 cm piece cucumber
- 1 stalk celery, including leaves
- ¼ cup flat leaf parsley, incl stems
- 1 cup baby greens (your choice spinach, chard, kale)
- A thick slice of lemon (including rind)
- 2 tsp lemon juice
- 1 kiwifruit, peeled
- ¼ cup raw almonds
- 1 Tbsp chia or sunflower seeds (optional)
- 1 cup brewed and chilled Stir Tea [Green Rooibos](#) (a lovely caffeine free option) or chilled [Green Tea](#)
- 6-8 ice cubes



Method:

1. Combine all ingredients except ice cubes in a high powered blender
2. Blend on high until smooth
3. Add ice cubes one at a time until fully crushed and mixed
4. Serve immediately

Handy Tip:

Try this recipe using our [Heavenly Lemon blend](#)

(recipe sourced from the South African Rooibos Council <https://sarooibos.co.za/>)