Tetley Green Tea and Honeydew Smoothie

Loaded with antioxidants, vitamins, and minerals, this refreshing and low calorie smoothie keeps your cravings at bay.

Ingredients

- 2 cups (500 mL) - honeydew melon chunks
- 2 bags
- 1 cup (250 mL) - boiling water
- 1/2 cup (125 mL) - vanilla Greek yogurt
- 2 tbsp (30 mL) - honey (optional)

- Preparation time: 5 minutes
- Total time: 2 hours
- Difficulty: Easy

Directions

Give yourself a daily boost of the goodness of **Tetley Pure Green Tea** with this deliciously unique smoothie. Melon and green tea also provide low calorie hydration to keep you refreshed and satisfied between meals.

1. Arrange the honeydew on a parchment-lined baking sheet. Place in the freezer until frozen; transfer to a re-sealable freezer bag. (Melon can be stored in the freezer for up to 1 month.)
2. Meanwhile, steep the tea bags in boiling water for 5 minutes; discard the bags. Cool the tea to room temperature.
3. Combine the frozen honeydew, tea, yogurt and honey (if using) in a blender and purée until very smooth. Serve immediately. Makes 3 cups (750 mL).

Tetley Tips:

- Make this smoothie anytime you like by freezing extra melon in advance and portioning into separate, re-sealable freezer bags.
- Experiment with other combinations of Tetley Teas and fruit for equally delicious smoothies such as Chai tea with frozen cantaloupe, Bellini or Pina Colada teas with a frozen tropical fruit medley.

Per serving (1 1/2 cups/375 mL): 124 calories, 2 g fat, 1 g saturated fat, 0 mg cholesterol, 52 mg sodium, 24 g carbohydrates, 2 g fibre, 22 g sugars, 3 g protein. Excellent source of vitamin C.