

DATE NIGHT

with A Night at the
Gentlemen's Club



OR
TEA?



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SLOW-RELEASE ENERGY BOOSTER · AIDS BLOOD PRESSURE · POTASSIUM BOOSTING

A super extravagant but healthy superfood drink recipe, our delicious rich Or Tea? HealTea Smoofy is like an evening at a gentlemen's club, where the atmosphere is dark, alluring and endlessly seductive. Nutty, rich and sweet and yet so healthy!

Ingredients

A NIGHT AT THE
GENTLEMEN'S CLUB



1 sachet
in 200ml cooled

BANANA



1 piece

DATES



3 pieces pitted

ALMOND MILK



200 ml

COCOA POWDER



Garnish

Star of the Show



BANANAS are rich in potassium, essential for maintaining blood pressure at healthy levels and they're natural antacids, which gives them their soothing properties. They also contain prebiotic compounds that feed the good bacteria in the gut. They contain both quick release glucose and slow-release fructose so they supply energy in two ways!

DATES are high in potassium, supply slow release sugars and provide a range of other essential nutrients – they are a great source of fibre, protein minerals including magnesium, manganese selenium and zinc. Although high in sugar dates defy the dogma that all sugars are bad, they benefit blood sugar control as their sugars are released slowly.

How to Make ?

Steep an Or Tea? A Night at The Gentlemen's Club sachet with 200ml boiling water for 5 minutes, remove the teabag and set aside to cool - or add an ice cube. Place the tea and all the ingredients into the blender and blend for 20-30 seconds / until smooth. Pour the smoothie into a tall glass and garnish with a sprinkle of cacao powder.

Nutritional Facts

Amount per serving

Calories 188

Total Fat 2.5g

Total Carbohydrates 45g

Protein 3.5g

Fibre 4.2g



Ross Beckley, mcm

HealTea Juz/Smoofy Creator and Natural Juice Therapist

"By combining different teas with just one fresh juice or smoothie each day you can significantly boost your nutrient intake and within a very short space of time you'll notice the radical impact that just some small changes can have on your health, vitality and waistline".

