

OR
TEA?

CALMING CAMOMILE

with Be Camomile



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CALMING AND SOOTHING · REDUCE ANXIETY · AIDS SLEEP

For a moment of refreshing serenity, you need to treat your body to a Calming Camomile Or Tea? HealTea Smoothy. Camomile reduces stress, while cucumber rehydrates you: a detox tea smoothie comfort blanket!

Ingredients

BE CAMOMILE



1 sachet
in 200ml cooled

CUCUMBER



½ piece

SPINACH



1 cup

ALMOND MILK



100 ml

GINGER



3cm lightly
peeled

LIME



Juice of
½ piece

Star of the Show



CUCUMBERS are a top rehydrating beauty food rich in collagen-building silica and skin strengthening sulphur. They're packed with bioavailable (easily absorbed) minerals, vitamins and electrolytes making them the perfect go to for topping up your daily nutrients.

CAMOMILE is a herb that comes from the daisy-like flowers of the Asteraceae plant family. It has been consumed for centuries as a natural remedy for several health conditions. It's a classic remedy for anxiety and sleep disturbances - both of which can be highly detrimental to our health and overall wellbeing.

How to Make ?

Steep an Or Tea? Be Camomile sachet and the slices of ginger in a cup with 200ml boiling water. Steep for 7 minutes and then remove the teabag from the water. Steep the ginger for 2 minutes longer and then remove. 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 wedge of pineapple.

Nutritional Facts

Amount per serving

Calories **110**

Total Fat 2.2g

Total Carbohydrates 23g

Protein 3.8g

Fibre 4.2g



Ross Beckley, m.c.m.a

HealTea Juz/Smoothy 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".

