



UBER COOLER

with CuBaMint



UBER COOLER

WITH CUBAMINT

COOLING & HYDRATING · DIURETIC

Classically cooling cucumber, uber-detoxing fennel and zesty thirst-busting lime - this super hydrating and refreshing Or Tea? HealTea Juz is the hipsters' super food in a glass.

Ingredients

CUBAMINT



1 sachet
in 200ml cooled

CUCUMBER



½ piece

FENNEL BULB



½ piece

LIME



½ piece with peel

FRESH BASIL LEAVES



Granish

Star of the Show ★

FENNEL has been hailed for its ability to soothe the digestive system since Roman times, it also helps to relieve water retention and regulate hormones. Not only is it a low-calorie source of Vitamin C, dietary fibre and potassium, it also contains a range of antioxidants and anti-inflammatory volatile oils.

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.

How to Make?

Steep an Or Tea? CubaMint sachet in a cup with 200ml boiling water, set aside and leave to cool - or add an ice cube. Run all of the ingredients through your juicer. Pour the juice and tea into a tall glass, give it a stir and garnish with basil leaves.

Nutritional Facts

Amount per serving

Calories 60

Total Fat 0.2g

Total Carbohydrates 16g

Protein 3g

Fibre 5g

Ross Beckley, mcma

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".

