

OR
TEA?

RADIANT BEAUTY

with Detoxania



RADIANT BEAUTY WITH DETOXANIA

IMMUNE STRENGTHENING · ANTI-INFLAMMATORY · REVITALISING

This super cleansing Or Tea? HealTea Smoofy is full of beneficial beauty-rich vitamins leaving you radiant. What makes this a detox tea smoothie is spinach, which has more than a dozen different antioxidant flavonoid compounds. Magical!

Ingredients

DETOXANIA



1 sachet
in 200ml cooled

PINEAPPLE



½ piece

SPINACH



1 Cup

GINGER



3cm lightly
peeled

Star of the Show

PINEAPPLES are low in calories but have an incredibly impressive nutrient profile. They have been linked to many health benefits, including aiding digestion, boosting immunity and speeding up recovery from surgery. They are packed with a variety of vitamins and minerals, especially rich in vitamin C and manganese, a naturally occurring mineral that aids growth, maintains a healthy metabolism and has antioxidant properties. Pineapples are also rich in the proteolytic enzyme Bromelain, a powerful anti-inflammatory.

SPINACH has long been regarded as a plant which can restore energy, increase vitality and improve the quality of the blood. It's rich in iron which plays a central role in the function of red blood cells which help transport oxygen around the body, supports energy production and DNA synthesis. It is an excellent source of vitamin K as well as being a source of magnesium, calcium and phosphorus – all important nutrients for maintaining bone health.

How to Make?

Steep an Or Tea? Detoxania 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 fresh spinach leaves.

Nutritional Facts

Amount per serving

Calories	100
Total Fat	1g
Total Carbohydrates	24g
Protein	2g
Fibre	3.2g

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".

