

OR
TEA?

PEARFECTION

with EverGinger



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ENERGY BOOSTER · GUT HEALTH · ANTI-INFLAMMATORY

The simple combination of this Or Tea? HealTea Juz is simply delicious and sweet with warm tangy notes of spicy ginger. Garnish your tea juice with mint to wake up your mouth – and your senses!

Ingredients

EVERGINGER



1 sachet
in 200ml cooled

PEAR ★



2 pieces

GINGER ★



3cm

MINT LEAVES



Garnish

Star of the Show ★

PEARS are simply an amazing source of goodness. They're a cooling, uplifting low allergy fruit providing an excellent source of pectin (water-soluble fibre) which helps keep you full and keeps your heart and gut healthy. They're rich in natural, healing enzymes and they contain useful amounts of beta carotene and B vitamins as well as traces of copper, phosphorus, potassium, which helps counteract excess sodium.

GINGER is among the healthiest and most delicious spices on the planet, famed for its use in traditional and alternative medicine. It's loaded with antioxidants, compounds that prevent stress and damage to your body's DNA and it's often used to aid digestion, reduce nausea and help fight the flu and common cold. Ginger is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.

How to Make?

Steep OrTea? Everginger teabag in a cup with 200ml boiling water for 5 minutes, remove the teabag and set aside 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 fresh mint leaves.

Nutritional Facts

Amount per serving

Calories 215

Total Fat 0.7g

Total Carbohydrates 53g

Protein 1.8g

Fibre 11.2g



Ross Beckley, m.cma

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".

