

OR
TEA?

HER ROYAL BERRINESS

with Queen Berry



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ANTIOXIDANT · MICROBIOME BOOSTING · ENHANCE BLOOD CIRCULATION

Naturally sweet and bursting with antioxidant-rich berries and cholesterol-lowering carrots, this superfood Or Tea? HealTea Juz will leave you radiating and glowing like a queen.

Ingredients

QUEEN BERRY



1 sachet
in 200ml cooled

BEETROOT



1 piece
small/medium

CARROT



2 medium
size chopped

APPLE



½ piece

MIXED BERRIES



½ cup
Fresh/Frozen

FRESH MINT



Granish

Star of the Show

BEETROOTS are a delicate vegetable with a unique group of antioxidants called Betacyanins. These pigments give the beetroot their strong colour and are a key source of their benefits – particularly for supporting the liver, improving circulation and purifying the blood.

CARROTS are often claimed to be the perfect health food. They're weight-loss-friendly and have been linked to lower cholesterol levels and improved eye health due their vitamin A content.

The Pectin (soluble fibre), in carrots can lower blood sugar levels by slowing down your digestion of sugar and starch.

BERRIES have some of the highest levels of active antioxidants per serving of any food. Naturally sweet antioxidant-rich berries support the micro-circulation to the delicate skin around the eyes, lifting dark shadows and giving eyes a healthy sparkle! Furthermore they contain both insoluble & soluble fibre – great for your microbiome.

How to Make?

Steep an Or Tea? Queen Berry 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 fresh mint leaves.

Nutritional Facts

Amount per serving

Calories 230

Total Fat 1.5g

Total Carbohydrates 58g

Protein 5g

Fibre 12.8g

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".

