

OR
TEA?

THE AVOFICIONADO

with Yin Yang



THE AVOFICIONADO

WITH YIN YANG

ANTI-INFLAMMATORY · POTASSIUM BOOSTING · FIBRE RICH

Avocados are not just for guacamole! This deliciously creamy and velvety Or Tea? HealTea Smoofy is high in essential fats, vitamin C and antioxidants. It's a detox tea smoothie that's perfect for breakfast or as a healthy snack.

Ingredients

YIN YANG



1 sachet
in 200ml cooled

AVOCADO



½ piece

OAT MILK



½ Cup

DATES



3 pieces pitted

Star of the Show

OAT MILK is an excellent source of many vitamins, minerals and a gummy, water-soluble fibre beta-glucan which helps reduce "unhealthy" LDL cholesterol. Renowned for their soothing properties and for easing indigestion. As well as a myriad of benefits for your skin providing skin-repairing silica, B vitamins and essential fats.

AVOCADOS are rich in so many nutrients including healthy fats, fibre, vitamin C, vitamin E, vitamin B6, potassium, magnesium and folate, they've clearly earned their superfood status! The flesh contains a great balance of potassium and sodium that can help lower blood pressure. Furthermore, their anti-inflammatory properties help to lower the risk of diseases such as arthritis.

How to Make?

Steep an Or Tea? Yin Yang sachet with 200ml boiling water for 5-7 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.

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".

