

Mixed Berry-Soy Green Tea Smoothie

½ cup	Frozen cranberries
¼ cup	Frozen blueberries
½ cup	Frozen blackberries
1 ripe	Banana
½ cup	Green tea, room temp
¼ cup	Soy milk, plain or vanilla
2 TBS	honey

Steep the green tea using fresh leaves or tea-bags. Let it cool down a bit.

Then blend all ingredients together until smooth.

Pour into glasses and enjoy for a detoxifying, healthy and filling breakfast!