

## Moringa Detox



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- Sub Category Name  
Drink  
Mocktails/Iced Tea
- Recipe Source Name  
Grab & Go Concept Recipes

## Used Teas



Red Rooibos  
Moringa, Chilli,  
Cocoa & Cardamom

## Ingredients

### Moringa Detox

- 200ml Moringa, Chilli, Cocoa and Cardamon (5 min brew)
- 20ml kale
- 15ml celery
- 5g chia seed
- 20ml boiled oats
- 30ml orange juice
- 5ml lime juice
- 5ml honey



## Methods and Directions

### Moringa Detox

- Brew 4g of Moringa, Chili, Cocoa and Cardamom to 250ml of boiling water for 5 minutes
- Strain the tea leaves.
- Pour the Tea and balance ingredients into cocktail shaker
- Vigorously shake the ingredients with a few
- Cubes of Ice for 8-10 Seconds
- Pour into an iced tea Glass

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