

## Berry Smoothie



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- Sub Category Name  
Drink  
Smoothies
- Recipe Source Name  
Grab & Go Concept Recipes

### Ingredients

#### Berry Smoothie

- 100ml of Ceylon tea with Pomegranate & Mint
- 85g Plain Yoghurt
- 30g of Pomegranate seed
- 10ml Honey
- 20ml Apple puree

### Methods and Directions

#### Berry Smoothie

- Brew 3g of Ceylon Tea With Pomegranate & Mint 200ml of boiling water for 5 minutes.
- Strain the tea leaves.
- Pour the tea & balance ingredients into the blender and mix for 2 minutes