

Recipes

Green Nutrition Monster**

The name and the ingredients sound scary – they did to us at first too. Be brave!

Here we combine green tea with another of nature's miracle foods – avocados. This little monster combines the **superior nutrition of green tea** with the amazing avocado. Avocados are high in potassium, magnesium, protein, numerous phytonutrients, fiber and healthy plant-derived fats.

Makes 24oz

Ingredients

- Half to 1 Avocado
- 2 cups Rice, Soy or other plant milk
- 1-2 teaspoons Organic Sencha Green Tea Leaves, ground
- 1 tablespoon honey
- 3-4 teaspoons Chia Seeds (amazing source of omega 3s)
- 1 banana (optional)
- 1 handful ice cubes

* If using concentrated sencha powder, use two mini-scoops with scoop provided

** Inspired by a recipe from Mike Adams at www.newstarget.com

Directions

Put all ingredients in the blender and blend for approximately one minute. Enjoy.

This will be a curious adventure for your taste buds when you first try it, but you'll be surprised how quickly you'll start to crave this Nutrition Monster more and more. The mild avocado and honey flavor are a unique treat. It's very tasty combination and the healthy fats and fiber will leave you more than satisfied.



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