

BLUEBERRY GREEN TEA SMOOTHIE

3 Tbl. Water	1/2 med banana	1 1/2 cups frozen blueberries
2 tsp. honey	1 green tea bag	3/4 cup light vanilla soy milk

Microwave water till hot, add tea bag—allow to brew 3 minutes. Remove tea bag. Stir in honey till dissolved. In blender combine berries, banana and milk. Add tea to blender. Blend on highest setting till smooth. Pour into tall glass and serve.