



Tetley Fruit Smoothie

4 Tetley Classic or British Blend tea bags (regular or decaffeinated)

1 cup boiling water

Ice

1/2 cup cranberry juice

1 cup bananas, sliced

1 cup fresh raspberries

1 cup fresh strawberries

2 T. honey

Optional: blueberries to garnish

Steep tea bags in boiling water for 5 minutes. Remove and strain tea bags. Cool tea by adding ice to increase the total volume to 1 cup. Pour chilled tea into blender and add cranberry juice, bananas, raspberries, strawberries, and honey. Blend until smooth. If needed, chill for 5 to 10 minutes. Pour into 4 equal glasses, top with blueberries (optional) and serve.