

Raspberry Green Tea Smoothie

Green tea which is a rich source of many antioxidants, with one being catechin. Catechin is a type of flavonoid which fights and may even prevent cell damage.

Why are these flavonoids so powerful?

The antioxidants found in green tea have been shown to help with blood sugar control, improve blood flow and lower cholesterol. A 2013 review of several studies found green tea helped prevent a range of heart-related issues, from high blood pressure to congestive heart failure. Green tea may also help improve memory.

In one Swiss study, MRIs revealed that people who drank green tea had greater activity in the working-memory area of their brains. Green tea has also been shown to help block the formation of plaques that are linked to Alzheimer's disease.

A tea break is also very relaxing and may help reduce stress! Here's how to make your next cup:

- Don't boil your green tea! It breaks down the catechins and you won't get their health benefits. Steep your green tea in 160-170 degree water.
- Add lemon. Vitamin C makes the catechins easier to absorb. Dairy makes it harder to absorb them, so skip the milk or cream.
- Nutrient levels in green tea can vary. Pricier teas usually have more, and canned green-tea drinks generally have less.

Ingredients

½ C Pure Leaf Unsweetened Green Tea
1/3 C Yogurt
1 C Frozen Raspberries
1 Banana
1 tsp. Honey
½ C Ice

Directions

1. Add all ingredients into blender (add ice last), cover and puree until smooth.
2. Enjoy!

Yields - 16 oz.

Calories: 236
Carb: 57 g

Total Fat: 0.4 g
Sodium: 41 mg

Protein: 5 g
Fiber: 8 g

