

Japanese Sencha - Blueberry Smoothie



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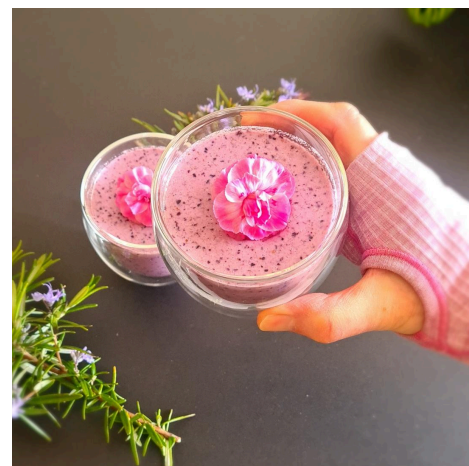
Adding brewed tea to your smoothie is a great way to get another layer of tea goodness into your day and also use up any surplus brewed tea liquor.

In this recipe we have used Japanese Sencha green tea but you could use any brewed tea liquor. The addition of the almonds and flax seeds make this a very sustaining and an effective meal replacement. It makes a substantial serve.



Ingredients (Serves 4)

- 1 cup of brewed [Japanese Sencha Tea](#), chilled overnight
- 2 cups frozen blueberries
- 3 ice cubes
- 1.50 cups of vanilla yoghurt (we only had plain yoghurt available so simply added some vanilla essence)
- 2 tbsp almonds, whole dry-roasted, unsalted (about 20 total)
- 2 tbsp flax seeds, ground
- 1 tbsp of liquid honey



Method

1. Chill tea overnight
2. Place all ingredients in a blender.
3. Process until smooth - serve cold and garnish with fresh flowers

Looking for another smoothie recipe - try this [Green Rooibos Smoothie](#) recipe.