

ANTIOXIDANT PACKED SUMMER COOLERS

Green Tea Coolers

1 c. sliced frozen peaches

1 1/2 Green Tea Chilled

Blend together until smooth.

If you like things a little sweeter add a
tablespoon of agave syrup

Cherry Berry Tea Smoothie

This recipe is adapted from one
created by my favorite

domestic goddess

3/4 C Water

2 bags Rooibos Tea

6 oz vanilla hemp milk or almond milk

2 c. frozen cherries

1 cup frozen grapes

1/2 c frozen blueberries

Brew tea for 8 min. Chill tea for

40 min. Blend all ingredients together.

**Recipe from "Take
5 For Your Health"**

Kagome purple roots & fruits berry chill

1 1/2 c purple roots and fruits Juice

1 1/2 c. mixed berries

Blend together until smooth

Strawberries and Cream

1 C. Vanilla Hemp milk

1 c. frozen strawberries (if whole thaw
slightly)

Blend till smooth. Can also be made
into popsicles

If you like those iced coffee beverages
freeze coffee in ice cubes trays. Add
unsweetened almond milk and dark
chocolate stevia for a low carb, low fat
and low calorie Mocha.

