

# Black Tea, Mango & Banana Smoothie

Plant-Based | Vegan | Allergens: Tree Nuts



## What You'll Need

- Banana
- Coconut milk
- Green mango
- Ice
- Tap water
- Black tea bag
- Vegan protein powder

## Instructions

1. Steep 1 black tea bag in 6 fluid ounces of boiling water for 4 minutes or until the tea is very strong. Remove the tea bag. Pour the tea into a 12-ounce cup with 1 cup of ice to cool it slightly.
2. Add ingredients in a blender:
  - 1/2 cup tea
  - 1/2 cup diced mango
  - 1/2 cup (2.5 ounces) diced banana
  - 1/2 cup coconut milk
  - 1/2 cup ice
3. Mix all ingredients in a blender for 30 seconds.
4. While the blender is still running, add 1 scoop of vegan protein powder. Blend to incorporate.
5. Pour into a 12-ounce cup. Cover with lid. Serve immediately.