

OR TEA?™

proudly presents you

HealTea Smoochy



OR
TEA?

RADIANT BEAUTY

with Detoxania



RADIANT BEAUTY

WITH DETOXANIA

IMMUNE STRENGTHENING · ANTI-INFLAMMATORY · REVITALISING

This super cleansing Or Tea? HealTea Smoofy is full of beneficial beauty-rich vitamins leaving you radiant. What makes this a detox tea smoothie is spinach, which has more than a dozen different antioxidant flavonoid compounds. Magical!

Ingredients

DETOXANIA



1 sachet
in 200ml cooled

PINEAPPLE



½ piece

SPINACH



1 Cup

GINGER



3cm lightly
peeled

Star of the Show



PINEAPPLES are low in calories but have an incredibly impressive nutrient profile. They have been linked to many health benefits, including aiding digestion, boosting immunity and speeding up recovery from surgery. They are packed with a variety of vitamins and minerals, especially rich in vitamin C and manganese, a naturally occurring mineral that aids growth, maintains a healthy metabolism and has antioxidant properties. Pineapples are also rich in the proteolytic enzyme Bromelain, a powerful anti-inflammatory.

SPINACH has long been regarded as a plant which can restore energy, increase vitality and improve the quality of the blood. It's rich in iron which plays a central role in the function of red blood cells which help transport oxygen around the body, supports energy production and DNA synthesis. It is an excellent source of vitamin K as well as being a source of magnesium, calcium and phosphorus – all important nutrients for maintaining bone health.

How to Make?

Steep an Or Tea? Detoxania sachet with 200ml boiling water for 5 minutes, remove the teabag and set aside to cool - or add an ice cube. Place the tea and all the ingredients into the blender and blend for 20-30 seconds / until smooth. Pour the smoothie into a tall glass and garnish with fresh spinach leaves.

Nutritional Facts

Amount per serving

Calories 100

Total Fat 1g

Total Carbohydrates 24g

Protein 2g

Fibre 3.2g



Ross Beckley, mcma

HealTea Juz/Smoofy Creator and Natural Juice Therapist

"By combining different teas with just one fresh juice or smoothie each day you can significantly boost your nutrient intake and within a very short space of time you'll notice the radical impact that just some small changes can have on your health, vitality and waistline".

OR
TEA?

DATE NIGHT

with A Night at the
Gentlemen's Club



DATE NIGHT

WITH A NIGHT AT THE GENTLEMEN'S CLUB

SLOW-RELEASE ENERGY BOOSTER · AIDS BLOOD PRESSURE · POTASSIUM BOOSTING

A super extravagant but healthy superfood drink recipe, our delicious rich Or Tea? HealTea Smoofo is like an evening at a gentlemen's club, where the atmosphere is dark, alluring and endlessly seductive. Nutty, rich and sweet and yet so healthy!

Ingredients

A NIGHT AT THE
GENTLEMEN'S CLUB



1 sachet
in 200ml cooled

BANANA



1 piece

DATES



3 pieces pitted

ALMOND MILK



200 ml

COCOA POWDER



Garnish

Star of the Show ★

BANANAS are rich in potassium, essential for maintaining blood pressure at healthy levels and they're natural antacids, which gives them their soothing properties. They also contain prebiotic compounds that feed the good bacteria in the gut. They contain both quick release glucose and slow-release fructose so they supply energy in two ways!

DATES are high in potassium, supply slow release sugars and provide a range of other essential nutrients – they are a great source of fibre, protein minerals including magnesium, manganese selenium and zinc. Although high in sugar dates defy the dogma that all sugars are bad, they benefit blood sugar control as their sugars are released slowly.

How to Make ?

Steep an Or Tea? A Night at The Gentlemen's Club sachet with 200ml boiling water for 5 minutes, remove the teabag and set aside to cool - or add an ice cube. Place the tea and all the ingredients into the blender and blend for 20-30 seconds / until smooth. Pour the smoothie into a tall glass and garnish with a sprinkle of cacao powder.

Nutritional Facts

Amount per serving

Calories 188

Total Fat 2.5g

Total Carbohydrates 45g

Protein 3.5g

Fibre 4.2g



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OR
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THE AVOFICIONADO

with Yin Yang



THE AVOFICIONADO

WITH YIN YANG

ANTI-INFLAMMATORY · POTASSIUM BOOSTING · FIBRE RICH

Avocados are not just for guacamole! This deliciously creamy and velvety Or Tea? HealTea Smoofy is high in essential fats, vitamin C and antioxidants. It's a detox tea smoothie that's perfect for breakfast or as a healthy snack.

Ingredients

YIN YANG



1 sachet
in 200ml cooled

AVOCADO



½ piece

OAT MILK



½ Cup

DATES



3 pieces pitted

Star of the Show

OAT MILK is an excellent source of many vitamins, minerals and a gummy, water-soluble fibre beta-glucan which helps reduce “unhealthy” LDL cholesterol. Renowned for their soothing properties and for easing indigestion. As well as a myriad of benefits for your skin providing skin-repairing silica, B vitamins and essential fats.

AVOCADOS are rich in so many nutrients including healthy fats, fibre, vitamin C, vitamin E, vitamin B6, potassium, magnesium and folate, they've clearly earned their superfood status! The flesh contains a great balance of potassium and sodium that can help lower blood pressure. Furthermore, their anti-inflammatory properties help to lower the risk of diseases such as arthritis.

How to Make?

Steep an Or Tea? Yin Yang sachet with 200ml boiling water for 5-7 minutes, remove the teabag and set aside to cool - or add an ice cube. Place the tea and all the ingredients into the blender and blend for 20-30 seconds / until smooth. Pour the smoothie into a tall glass.

Nutritional Facts

Amount per serving

Calories 230

Total Fat 1.5g

Total Carbohydrates 58g

Protein 5g

Fibre 12.8g



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**OR
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MINT-TO-BE

with Merry Peppermint



MINT-TO-BE

WITH MERRY PEPPERMINT

CLEANSING · SOOTHING · AIDS DIGESTION

A refreshing combination of fruit, vegetables and mint makes this cooling and cleansing Or Tea? HealTea Smoofy so good for you! Digestive woes and inflammation will disappear before your very eyes. Twas mint-to-be!

Ingredients

MERRY
PEPPERMINT



1 sachet
in 200ml cooled

MINT



1-2 stems
of leaves

SPINACH



1 cup

PINEAPPLE



¼ piece

APPLE / PEAR



1 piece
core removed

LIME



Juice
of ¼ piece

GINGER



3cm sliced

Star of the Show

MINT can work wonders for almost all your digestive woes. Menthol, the active oil in mint, has antiseptic and antibacterial properties that help relieve indigestion and soothe an upset tummy. Mint stimulates digestive enzymes, which help facilitate better absorption of nutrients from food.

SPINACH has long been regarded as a plant which can restore energy, increase vitality and improve the quality of the blood. It's rich in iron which plays a central role in the function of red blood cells which help transport oxygen around the body, supports energy production and DNA synthesis. It is an excellent source of vitamin K as well as being a source of magnesium, calcium and phosphorus – all important nutrients for maintaining bone health.

How to Make ?

Steep an Or Tea? Merry Peppermint sachet and the slices of ginger in a cup with 200ml boiling water. Steep for 5 minutes and then remove the teabag from the water. Steep the ginger for 3 minutes longer and then remove. Place the tea and all the ingredients into the blender and blend for 20-30 seconds / until smooth. Pour the smoothie into a tall glass and garnish with a wedge of pineapple.

Nutritional Facts

Amount per serving

Calories **150**

Total Fat 0.4g

Total Carbohydrates 36g

Protein 2.6g

Fibre 6.6g



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CALMING CAMOMILE

with Be Camomile



CALMING CAMOMILE

WITH BE CAMOMILE

CALMING AND SOOTHING · REDUCE ANXIETY · AIDS SLEEP

For a moment of refreshing serenity, you need to treat your body to a Calming Camomile Or Tea? HealTea Smoofy. Camomile reduces stress, while cucumber hydrates you: a detox tea smoothie comfort blanket!

Ingredients

BE CAMOMILE



CUCUMBER



SPINACH

ALMOND MILK

GINGER

LIME



1 sachet
in 200ml cooled



½ piece



1 cup



100 ml



3cm lightly
peeled



Juice of
½ piece

Star of the Show



CUCUMBERS are a top rehydrating beauty food rich in collagen-building silica and skin strengthening sulphur. They're packed with bioavailable (easily absorbed) minerals, vitamins and electrolytes making them the perfect go to for topping up your daily nutrients.

CAMOMILE is a herb that comes from the daisy-like flowers of the Asteraceae plant family. It has been consumed for centuries as a natural remedy for several health conditions. It's a classic remedy for anxiety and sleep disturbances - both of which can be highly detrimental to our health and overall wellbeing.

How to Make ?

Steep an Or Tea? Be Camomile sachet and the slices of ginger in a cup with 200ml boiling water. Steep for 7 minutes and then remove the teabag from the water. Steep the ginger for 2 minutes longer and then remove. Place the tea and all the ingredients into the blender and blend for 20-30 seconds / until smooth. Pour the smoothie into a tall glass and garnish with a wedge of pineapple.

Nutritional Facts

Amount per serving

Calories **110**

Total Fat 2.2g

Total Carbohydrates 23g

Protein 3.8g

Fibre 4.2g



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Interested?

Please contact us for further details:
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