

## Strawberry Banana Iced Green Tea Smoothie



3 Ingredients, 2 Servings, 30 Minutes Total Time

1 cup strawberries (fresh or thawed)  
1 banana  
1 cup tea (green)

### Instructions

- Boil water. Remove from heat and leave to sit for 5 minutes.
- Add tea bag and steep, covered for approximately 15 minutes.
- Leave the tea to cool to room temperature and then chill in refrigerator.
- Place strawberries, banana and chilled green tea in your blender and blend until smooth.
- Serve immediately.

### Notes

Green tea has been used in traditional Chinese and Indian medicine to control bleeding and heal wounds, aid digestion, improve heart and mental health and regulate body temperature. Studies have shown that green tea can potentially have positive effects on everything from weight loss to liver disorders, type 2 diabetes and alzheimer's disease.

### Warnings

\*\*STRAWBERRIES: SIBO phase 2 allows 2 fruit serves per day. 1/2 cup berries = 1 serve.

\*\*BANANA: Cavendish variety bananas are low in Salicylate content. SIBO phase 2 allows 2 serves of fruit per day, 1/2 banana is one serve.

### Nutritional Information (per serving)

Calories	86
Total Fat	--

Saturated Fat	--
Cholesterol	--
Sodium	5mg
Total Carbohydrate	22g
Dietary Fibre	3g
Sugars	12g
Protein	1g
Calcium	16mg
Iron	1mg
Magnesium	32mg
Phosphorus	34mg
Potassium	404mg
Vitamin C	51mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--