

Little Me Tea

Glow in the Dark Smoothie



Ingredients

2 Little Me Tea Tropical juice boxes
½ bunch organic green kale leaves*
2 cups fresh or frozen pineapple
2 cups fresh or frozen mango
2 tsp fresh lemon juice
½ - 1 cup filtered water

Directions

**Blend all ingredients well. If too thick, add more water;
if too thin, add ice.**

***Use only organic kale, as conventionally grown kale has high levels of pesticides.**

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Glow in the Dark Smoothie
doesn't really glow in the dark,
but its amazing health benefits
give you a healthy glow on the inside.

Little Me Tea – organic tea + fruits + veggies, immune-boosting antioxidants, vitamins and minerals

Organic Kale – a super food, one of the most nutritious vegetables, loaded with antioxidants and cancer-fighting properties

Pineapple & Mango – high in vitamin C and fiber

Lemon Juice – detoxifies the body

Too much sugar causes inflammation in the body and a spike in blood sugar levels; it is the leading cause of diseases such as diabetes and obesity. Replacing sugary fruit drinks with low sugar Little Me Tea reduces the sugar content of your smoothies, making a healthier beverage.