Apple & Hibiscus Beauty Smoothie

Chilled hibiscus tea blended with apple and carrot for a bright, faintly tart smoothie.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 1 apple
- 0.5 carrot
- 200 ml hibiscus tea (brewed and chilled)
- water (to loosen)

Method

1. Blend the apple, carrot and chilled hibiscus tea together.
2. Drink without straining.

Tips & swaps

- Hibiscus tea bags are widely available and worth keeping stocked for this.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
90	**1g**	**21g**	**0g**	**4g**

Estimated values, for guidance only.